

THE NORTHWEST MISSOURIAN

BRIDGING THE GAP BETWEEN CAMPUS AND COMMUNITY

MARYVILLE, MO.

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Maryville faces off against Platte County for district championship. Please see B1.

P Newsbriefs

**Kerry gaining
long swing voters**

WASHINGTON (AP) — Democratic Sen. John Kerry gained some ground on President Bush among swing voters in the last month, several citing the presidential debates as a factor in their shift, according to a poll released Wednesday. The Pew Research Center for the People & the Press called 519 voters who were either undecided in September or said they could still change their minds. That group tilted toward Bush in September and is now evenly split on Bush and Kerry.

Economic growth supported by the Federal Reserve

WASHINGTON (AP) — The economy continued to grow in September and early October despite being buffeted by rising energy costs and increased uncertainty caused by the presidential campaign, the Federal Reserve said Wednesday in its last snapshot of business conditions before Election Day. The survey of business activity around the country, compiled from reports submitted by the Fed's 12 regional banks, depicted an economy that was moving forward with even the hard-hit manufacturing sector beginning to regain its footing after a long period of weakness.

Investigators comb plane wreckage near Springfield

SPRINGFIELD, Mo. — Federal investigators began the Wednesday of trying to determine why a small private plane crashed while approaching the airport here, killing two people and three men aboard. The single-engine Cessna, which seats up to six people, was flying from St. Louis to the Springfield-Branson Regional Airport when it crashed about a half-mile from the airport at about 7:40 p.m. Tuesday, according to a spokesman for the Federal Aviation Administration in Chicago.



PHOTO BY STEVE J. LIANG/STAFF PHOTOGRAPHER
Investigators examine the wreckage of a small plane that crashed Wednesday, Oct. 27, 2004, about a half-mile from the Springfield-Branson Regional Airport.

Sprint Corp. cuts 20 more jobs

BRAND PARK, Kan. — Sprint Corp. has cut 300 jobs from its local telephone division, according to a report last week. About half the jobs are at a call center in Las Vegas, Sprint said. During the past three years, the company has cut more than 26,000 jobs from its payroll. Its local telephone division reported declining sales and a continuing loss in local access lines last week, which led to the newest layoffs.



PHOTO BY MIKE DYE/CONTRIBUTING PHOTOGRAPHER
Using video examples featuring Enron, Tyco and Martha Stewart, Arianna Huffington took on corporate greed while speaking at Northwest Monday.

Huffington takes on politics, media

By ANDY TIMKO
Chief Reporter

Politics and government leadership were on the agenda at Northwest Monday night as 2004 Distinguished Lecture Series kicked off.

Arianna Huffington, a writer and political activist, visited Northwest as part of the tour she is making across the country to get college students to vote.

"I have been particularly interested in reaching students and young people," Huffington said. "I believe it is imperative that we improve the turnout of young people. I think it's been really tragic to see the low levels of turnout in the last few elections."

Huffington, a native of Greece, is best known for facing off against current California Gov. Arnold Schwarzenegger during the state's gubernatorial recall in 2003. Along with many other political analysts around the country, she believes that this election may be decided by the increasing number of youths who have registered to vote this year.

"There certainly has been unprecedented youth registration, now the question is turning that into real voting," Huffington said.

Huffington, a self-proclaimed "recovering Republican," discussed the state of the democracy and the government following the wants and needs of special interest groups.

During her lecture, Huffington talked about Tom Daschle's appearance on "Meet the Press" with Tim Russert, where Russert asked him about supporting a \$100 million tax cut although he was against it.

According to Huffington, Daschle's reply was "Well, you have to take it one step at a time."

"I say why? Is this a political party or an AA meeting?" Huffington said. "We don't have to take it one step at a time. It's about presenting a bold alternative vision, it's not about one step at a time."

Huffington also addressed problems with the media including their short-term memory issues with picking up stories for a couple weeks, turning them into a big soap opera and then forgetting about them—unless they're stories about Scott Peterson, Kobe Bryant and Michael Jackson. She also mentioned that reporters are often scared to write against the government or special interest groups because they will lose their sources and they don't want to lose their job.

"The state of the media is dire," Huffington said. "They need more people to expose the fact that they are suffering."

In quoting John F. Kennedy's "Ask not what your country can do for you, ask what you can do for your country," Huffington said.

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Homage to Heritage

By KIMBERLY BRAND
Missourian Reporter

Arms loaded with containers, the young woman finds a locker room in the basement of the Ryland Milner Gymnasium. She opens the largest box and begins her transformation from casual college student to Native American dancer, anxious to finally share her heritage with friends and family at Northwest.

Senior Maria Swope stepped out of her sneakers and into her moccasins Saturday to dance at the University's first powwow.

Swope experienced mixed emotions at a powwow that joined together her two virtually separate lives. Teachers and friends that knew her only at Northwest saw her for the first time as a Native American dancer, and lifelong powwow friends got a glimpse into her life as a college student.

"At first I was really nervous because I felt like everybody was staring at me," Swope said. "Then I just remembered how much I love doing this and got into the steps, feeling the drums."

As she ducked and twirled, her eyes revealed an intense concentration and a subtle smile played on her lips—all part of the performance of a fancy shawl dance. Later, her aching muscles served as a reminder of the time lapsed since she last danced.

A mid-calf white satin skirt, white shirt and green cape top matched the beaded white and green shawl around her shoulders. She also added various pieces of jewelry such as favor-



PHOTO BY EMILY JACKSON/STAFF PHOTOGRAPHER
Maria Swope performs a fancy shawl Native American dance during the grand entry Saturday at Northwest's first Powwow.



PHOTO BY MIKE DYE/CONTRIBUTING PHOTOGRAPHER
Dressed in his Native American regalia, a young participant in the Northwest Powwow looks out in the crowd before performing Saturday. Approximately 1,500 people filled Bearcat Arena for the two-part event's debut on campus.

Graves remains humbly confident on reelection chances for Congress

By AARON BAILEY
Community News Editor

With less than a week before Election Day, U.S. Congressman Sam Graves is humbly confident in his chances to be re-elected and to continue to serve the people of Northwest Missouri.

While he spends a lot of his time in Washington, D.C., Republican incumbent Graves said he makes a point to come back home to Tarkio at least once a week to spend time with his three children and his wife Lesley, who teaches kindergarten at Tarkio Elementary. One of the great joys of his

job, Graves said, is to make a contribution to the lives of his constituents and help them out whenever he can.

Graves, 41, recalled the day a family of a World War II veteran got in touch with him to help the family track down medals the veteran had earned overseas while defending his country.

"This gentleman had no idea he had earned a Silver Star, a Bronze Star and two Purple Hearts," Graves said. "Here's a genuine hero among us and he had no idea."

After Graves tracked down the medals, he presented them to the veteran and said it was one of the proudest things he had ever done.

Graves remembers the veteran's comments vividly.

"He said to me 'Well, I guess I done good, didn't I?'" Graves laughed. "And that's the way people are here in Northwest Missouri. It's just things like that's so neat about what I get to do."

Graves entered Missouri politics in 1992 when he was elected a state representative, and in 1994 was elected to the 12th Senatorial district as state senator. In 2000, he entered the national arena as Sixth District Congressman where he has served since.

Over the last four years, Graves has sponsored or co-sponsored more than 100 bills, but the one that has drawn the most

please see 'Graves' on page A6



PHOTO BY COLEYOUNG/STAFF PHOTOGRAPHER
U.S. Congressman Sam Graves shakes hands with Vice President Dick Cheney at a St. Joseph rally last month. The Republican Tarkio, Mo. native hopes to win another term in the House of Representatives by defeating Democrat Charlie Broomfield Nov. 2.

Baldrige visit pleases cabinet

By PETE GUTSCHENRITTER
Assignment Editor

After Malcom Baldrige National Quality Award examiners left campus Wednesday, Northwest faculty and administrators had a good feeling about the three-day visit.

Dialogue like "I think we won it," could be heard outside the Student Union Boardroom after the 3 p.m. closing meeting.

"We had a good visit," said Kent Porterfield, Vice President of Student Affairs. "It went well. There were no surprises."

Baldrige examiners visited Northwest last year, before the University received word last fall they did not win. This year's results are expected to come by mid-November.

However, since that time, Northwest has made changes to its application. Not only that, but the Strategic Planning Committee introduced six new strategic initiatives to Baldrige examiners at the opening meeting Monday.

The six new initiatives—American Dream Grant, graduate programs, Kauffman Scholars, Center for Quality and Education, student career pathing and biopharming—will replace the seven current initiatives, pending approval from the Board of Regents.

"(The Strategic Planning Committee) came up with the idea that there needs to be a way for new strategic initiatives to be introduced," said Paul Klute, SPC and Baldrige Award coordinator. "...And for older strategic initiatives to go off the Strategic Planning Council's radar."

The new initiatives, along with drafts of a new mission and vision, were discussed at the SPC retreat Sept. 27-28, Klute said.

With the new additions to the application, Klute said preparation was imperative.

"We had more initiatives and more things to explain, so we had to spend our time more wisely to get our points across. We had the same amount of time as we did last year to get more information to the examiners."

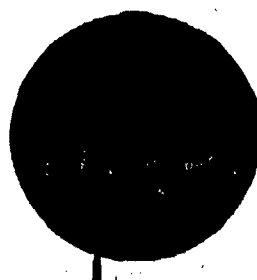
Winning the award this year, Klute said, will place Northwest as a benchmark in education. The improvements made, Klute said, are a credit to Northwest's drive to serving students.

While leaving the Student Union Wednesday, Porterfield appeared worn.

"I feel tired, but I feel really proud of this institution," Porterfield said. "It puts students first, and that's why I feel good."

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Web Extras:
Check out
missourianonline.com
election coverage for
coverage of campus visits by
Gerald Reynolds and
Claire McCaskill.



Your Weekend Weather

Friday 10/29



Sunny Intervals
High 76° F
Low 62° F

Saturday 10/30



Mostly Sunny
High 64° F
Low 45° F

Sunday 10/31



Partly Sunny
High 66° F
Low 41° F

National News

U.S. people putting on pounds

WASHINGTON — (AP) Americans are getting a little taller and a lot fatter.

Adults are roughly an inch taller than they were in the early 1960s, on average, and nearly 25 pounds heavier, the government reported Wednesday.

The nation's expanding waistline has been well documented, though Wednesday's report is the first to quantify it based on how many pounds the average person is carrying.

The reasons are no surprise: more fast food, more television and less walking around the neighborhood, to name a few. Earlier this year, researchers reported that obesity fueled by poor diet and lack of activity threatens to overtake tobacco use as the leading preventable cause of death.

In 1960-62, the average man weighed 166.3 pounds. By 1999-2002, the average had reached 191 pounds, according to the National Center for Health Statistics — part of the Centers for Disease Control and Prevention — which issued the report. Similarly, the report said, the average woman's weight rose from 140.2 pounds to 164.3 pounds.

The trends are the same for children, the report said: Average 10-year-olds weighed about 11 pounds more in 1999-2002 than they did 40 years ago. So expect the next generation of adults to be even heavier than they are

today, said Dr. Samuel Klein, director of the Center for Human Nutrition at Washington University School of Medicine in St. Louis.

"All the kids who are obese now will become obese adults," Klein said. "What will happen with the next generation of adults is really scary."

Obesity can increase the likelihood of diabetes, high blood pressure, high cholesterol and other health problems.

The report also documented an increase in weight when measured by body mass index, a scale that takes into account both height and weight. Average BMI for adults, ages 20 to 74, has increased from about 25 to 28 over the 40-year span.

Anyone with a BMI of 25 and up is considered overweight, and those with BMIs of 30 or more are considered obese.

At same time, though much less dramatically, Americans are getting a little bit taller.

Men's average height increased from 5 feet 8 inches in the early 1960s to 5 feet 9 1/2 inches in 1999-2002.

The average height of a woman, meanwhile, went from just over 5 feet 3 inches to 5 feet 4 inches.

The height trends begin in childhood and are evident through adolescence and into adulthood, said the report's author, Cynthia Ogden, an epidemiologist at the National Center

for Health Statistics. Taller children grow up to be taller adults.

Height, while determined largely by genetics, is also influenced by childhood nutrition. Adults in the early 1960s grew up during tougher times when they may not have had enough to eat, Klein said.

"Things were not so plentiful here," he said. In recent years, there have been "very few starving kids." On the contrary, many are being overfed.

The weight gain trend is typically reported as what portion of all children or all adults are overweight. Those numbers are also alarming. In 1999-2002, 31 percent of adults had a BMI of 30 or over, considered obese. That's more than double the rate in the early '60s.

About two in three adults in 1999-2002 were considered overweight.

The explanations are numerous. Among them:

Portions have gotten bigger, and people go out to eat more.

Junk food that stays fresh for a long time is more readily available. It's much easier to find a bag of cookies or potato chips in the cupboard than an orange, which may go bad in a few days.

Adults and children watch more television and spend more hours in front of a computer than ever before, sitting around rather than burning calories in some physical activity.

Missouri News



St. Louis Cardinals' Albert Pujols sits in the dugout during Game 4 of the World Series against the Boston Red Sox Wednesday in St. Louis. The Cardinals lost the game 3-0, getting swept in the series.

Red birds blasted; fans look to next season

ST. LOUIS—(AP) On a clear summer night a trucker can pass through West Virginia or a small boy can cradle a transistor radio beneath the blankets in Oklahoma and hear Mike Shannon pleading to the baseball, "Get up, baby! Get up! Get up! Home run Cardinals!"

And both are probably cheering. In the wide open spaces of the Midwest, in small southern towns, in dusty western outposts, the St. Louis Cardinals are every bit as beloved as they are in the shadow of the Anheuser-Busch brewery or the Gateway Arch.

That passion wasn't diminished by Wednesday night's World Series-ending loss.

Check out the cars, minivans, buses and pickups surrounding Busch Stadium on the day of a game. Dotted among the Missouri and Illinois license plates will be those from Indiana, Tennessee, Kentucky, Arkansas and other places far from St. Louis.

Jerry Grossart, 67, was in town for the World Series from Kearney, Neb. He vividly recalled being smitten by the Cardinals.

"It was 1946," Grossart said

Wednesday inside the Cardinals Hall of Fame, across from the stadium. "I was a little boy. The Cardinals played the Red Sox in the World Series. I got hooked on the Cardinals then, and I'm still hooked."

Baseball is a near-religion in a handful of American cities. This World Series happens to feature two of them—Boston and St. Louis. And just as the Red Sox draw support from all of New England, the Cardinals are clearly the choice of fly-over country.

Busch Stadium may not hold the allure of Fenway Park, but for those who arrive from the Badlands of South Dakota or the hills of Tennessee, it's sacred ground, the place where Gibby struck out 17 Detroit Tigers, where the tarp nearly ate Vince Coleman, where Sammy hugged McGwire after No. 62. It's where Jack Buck, his voice shaky from Parkinson's and emotion, read the poem that helped heal the nation's psyche after the terrorist attacks.

The wide-ranging fan base is driven in part by geography, in part by a quick in broadcasting airwaves and it helps that the Cardinals are generally pretty good.

Dead voters could be counted

COLUMBIA, Mo.—(AP) Missouri's statewide inconsistency checking death notices against absentee ballots means some dead people could still have their votes counted Election Day.

"I'm comfortable with saying that's a possibility," Terry Jamison, chief legal counsel for Secretary of State Matt Blunt, told The Associated Press on Tuesday.

It's actually likely, according to county clerks interviewed Tuesday by the AP. The clerks are in charge of running elections in jurisdictions large and small.

"We check it against the newspaper obituaries, but I don't know of any way to be 100 percent that every absentee is alive on Election Day," Oregon County Clerk Gary Hensley said from his office in Alton, in southern Missouri. "Many of the absentees do tend to be older or sick folks, and they pass away."

That they are sick, that's many vote absentee in the place."

For six weeks before Election Day, Missouri allows absentee voting for specific reasons, including illness and inability to get to polling places. This year, there has been a surge in requests for absentee ballots, including efforts to grant votes from senior citizens, the pitalized and shut-ins.

The law also requires that absentee ballots be rejected "if sufficient evidence is shown to an election authority" that the voter died before polls open on Election Day.

The subject is delicate for election officials, but they acknowledge that life expectancy tables may be generous to these voters.

State vital records show an average of about 151 voting-age Missourians died every day in 2003. Based on 2003's numbers, more than 6,200 voting-age Missourians could die during the six-week absentee balloting period.

But officials don't depend on know how many absentee voters between casting their ballot on Election Day, because mailed dates of state death records can be several weeks behind.

For example, Christian County Clerk Kay Brown said her staff Tuesday was working from the recent state-provided list of people but it was only current through August.

Absentee voting started Sept.

International News

Arafat's health worsens; doctors sent to examine

RAMALLAH, West Bank—(AP) Yasser Arafat's health worsened Wednesday, and a team of doctors went to his compound to examine the Palestinian leader, who summoned the prime minister and another top politician to his bedside, according to a Palestinian official close to Arafat.

Prime Minister Ahmed Qureia and former Prime Minister Mahmoud Abbas met alone with Arafat in his room, the official said.

Many other Palestinian officials, including security officials arrived at Arafat's Ramallah compound and milled about the courtyard outside.

However, Arafat's spokesman Nabil Abu Rdeneh later told reporters that Arafat remained in good health. He said Egyptian President Hosni Mubarak and Jordanian King Abdullah had offered to send medical teams Thursday for follow-up checks.

"President Arafat still needs more rest. The situation is stable now, he is in a stable condition, but he needs



Palestinian leader Yasser Arafat

more rest and more medical care," he told reporters. He refused to answer any questions.

The 75-year-old Arafat has been ill for two weeks, suffering from what Palestinian officials said was the flu. Israeli officials speculated he might have stomach cancer, but two of his doctors said Wednesday that a blood test and a biopsy of tissue from his digestive tract showed no evidence of cancer.

On Tuesday, a hospital official said

Arafat was suffering from a large gallstone. The gallstone, while extremely painful, is not life-threatening and can be easily treated, the official told The Associated Press.

Late Wednesday, Arafat's condition worsened, an official in his office said, and doctors were sent to examine him at the headquarters compound in the West Bank city of Ramallah where he has been confined for 2 1/2 years.

Israeli security officials said they were aware that something had happened to Arafat, but they did not disclose details.

The Palestinians did not ask Israel for permission to move Arafat to a hospital.

Qureia and Abbas have both been touted as possible political heirs to Arafat, though the Palestinian leader has bickered with both and blocked their attempts to limit his powers. Arafat has refused to groom a successor, for fear of nurturing a rival, and no clear challenger has emerged.

Push to the P^{OLL}S

Special Advertising Section

VOTER LOCATIONS

First Christian Church
Agape House—Methodist Church
Student Union—NWMSU
City Hall
Maryville R-II Superintendent's Office
Margaret Davison

(See map on page A5 to find voting precinct)

VOTE NOV 2 2004

Remember To VOTE in 2004 November 2nd

John Kerry
President

John Edwards
Vice Pres.

Claire McCaskell
Governor

Nancy Farmer
U.S. Senate

Bekki Cook
Lt. Governor

Robin Carnahan
Sec. of State

Mark Powell
St. Treasurer

Jay Nixon
Attorney General

Charles Broomfield
6th Dist. Rep.

Lou Schrek
North Dist. Commissioner

Rick Smail
Sheriff

Bob Stiens
South Dist. Commissioner

Mary L. Noel
Treasurer / Ex Officio Collector

Rex Wallace
Assessor

Susie Nelson
Public Administrator

Linda Luk
Coroner

Paid for by the NODAWAY COUNTY DEMOCRATS

Our View

Time for a change

Kerry will lead America

Walking into the Administration Building, the first two figures on the wall feature one national figure and one state figure. While the state figure, Gov. Bob Holden, was ousted in the Democratic primary and will leave office in January, the national figure, President George W. Bush, should be ousted in 2005.

Sen. John Kerry will provide a sense of stability this country has longed for since the War in Iraq began. And in uncertain times for the country and college students, we need Kerry. Quite frankly, we need Kerry more than Kerry needs us. This country longs for a president who looks toward the future with ideas, rather than using scare tactics to coerce prospective voters.

While plenty of sparring has gone on between Bush and Kerry, one thing has remained clear since the three debates: Kerry shows genuine concern for citizens of this country, and if they don't sign their name to promise 100 percent loyalty to his party.

During the three Presidential debates, Sen. John Kerry clearly spoke to the students in particular.

For example, in the third Presidential debate, Kerry pledged to increase Pell grants for students, assuring that every student has the financial opportunity to attend college. Bush simply said he already did. Typical response of a leader never willing to admit when he's wrong—even when the cost of such a mistake includes thousands of soldiers and countless more innocent lives. We prefer the alternative. In John Kerry, we see a man willing to own up to mistakes, yet who will strive to make the right choices the first time around.

McCaskill best choice for state

After four years of Gov. Bob Holden's indecisiveness and unpopularity in Jefferson City, Missouri needs someone assertive, passionate and unafraid of a challenge. With Julie McCaskill, Missourians will get that and then some.

While serving as state auditor, McCaskill revealed to the public that tuition at Missouri four-year public colleges and universities are the highest in the Big 12 Conference states, including Kansas, Nebraska and Iowa. The difference between McCaskill and Blunt can be proven not only her familiarity with the merger between Northwest and the UM System, but also by the fact that she would support it—but only for the best interests of the state.

McCaskill also proved during her terms as state auditor that she is not out to make friends. In fact, she's willing to be an enemy to serve the greater good of Missouri citizens, if need be. That includes abandoning party lines.

Unlike Holden, McCaskill is ready to get things done, to prop up the Democratic Party as it so desperately needs. Not only that, but she possesses the tools to unite the General Assembly and put forth meaningful legislation that will actually help Missourians, not just the opposing party.

Broomfield brings fairness

Just like the Bush Administration, the Sam Graves campaign has used intimidation in attempts to succeed over Julie Broomfield. However, Northwest Missouri residents must look beyond the spewing rhetoric.

Broomfield's drive to better the situation for the entire District is admirable. His drive for continued research in the name of curing diseases such as cancer and Alzheimer's is progressive and forward-thinking—attributes we need from our congressman.

Meanwhile, Graves has introduced legislation that would outlaw stem cell research. Broomfield's motivation can be seen not only in the fact that he previously served in Congress, but also in the way he has stood up to intimidation of the incumbent—and is willing to do the same against his own party for what he believes is best for the state.

After Broomfield demanded an apology at last week's meeting in Liberty, Mo. for an erroneous claim that he had himself a raise while serving as Clay County Commissioner, Graves simply replied, "Folks, you see a lot of operation out there. If you can't stand the heat, stay out of the kitchen." Do those antics sound familiar? They should remind people of an unapologetic president that led us into the quagmire that is Iraq.

Missourian Backtalk. 562-1980

We publicly request that the flag of each sovereign nation of every Native American student be flown at Northwest. Let's see how long it takes for the administration to end institutionalized racism at Northwest."

to the whole Powwow event was a student's idea? Why weren't we told about this before? I want to give credit where it's due."



Manner of rejection stings more

My View



Stephanie Stangl

Someone once said, "A real friend is one who walks in when the rest of the world walks out."

I could have spent Tuesday night wondering why no one showed up to give me my bid for the sorority I wanted to join. I could have had to sit and wonder all night if they couldn't find me or if they simply forgot. And hours later when no one came, I could have sat and cried all by myself.

But thankfully, two of my closest friends already in the sorority came in to break the news to me like any decent person would: I was one of two girls that would not be invited to join the sorority.

If it weren't for them I would have been like any other girl that made a hopeful attempt to be with girls she adored and got rejected: I would have went without any explanation of why I wasn't good enough to get into the group or what went wrong.

The fact that the group of girls, or any sorority for that matter, will hold recruitment and then not even have a policy in tact to notify those girls in person that they were not accepted is cruelly enough to nauseate and infuriate me.

This is not a plea for that unnamed sorority to somehow magically re-vote and let me in. I was merely saddened and shocked: I knew nearly half of the girls in the sorority and had so much fun getting to know the rest during continuous, open bidding week.

The real reason I am writing this is because I am certain that so many girls have gone through the same sort of situation. That is what makes me the saddest of all.

It isn't the fact that I was rejected; I'll move on, it's not like I don't have friends of my own or that the girls that were my friends are in the sorority are going to stop, but the fact that this happens every year

frustrates me immensely. Greek organizations are the only groups on campus that insist on being selective in their membership, yet still have not found tactful ways to let those who are not accepted down gently.

Or at all.

They merely avoid confrontation and hope that the problem will fix itself. I am here to say that it won't and it shouldn't have to. All Greek organizations should have to start owning up to their rejections and telling the men or women in person that they are not going to be invited in.

Wait. Let me back up a little bit.

When I first came to college I was extremely anti-sorority, living each day with stereotypes dancing in my mind of ditziness, snobbiness and fakeness most of these cliques seemed to be built upon. I didn't want to buy my friends; I wanted to make them on my own.

But after meeting so many of the girls that were in this sorority, I was finally convinced that these girls weren't like that. All of them were so down to earth, friendly and fun that I forgot about all the old images I held in my head and decided to give it a try.

Two tries in fact.

Media accountability lies with public

My View



Abby Simons

First it was Michael Moore's demands for accountability during this month's visit to Northwest.

Last week, it was Jon Stewart who took CNN's Tucker Carlson to task, going so far as to address the "Crossfire" co-host as that ever-so-coveted appendage men celebrate and women supposedly envy.

And it was Arianna Huffington's distinguished lecture Monday in which she so cleverly detailed the industry's growing incompetence.

How I tried to see red as the three bashed the profession I so dearly love. I wanted to make excuses. To tell them, just as I used to tell everyone, that news reporting isn't easy. That they're ignorant. That they should perhaps read beyond the headlines before whining. But I couldn't bring myself to do it.

Probably because they were right. We, the media, suck. Hard.

But with your help, things can change.

I honestly pity news "civilians," those who digest the drivel they watch, read and hear simply because they have no other option. Because of this, the media sits

happily on its laurels, unwilling to improve because they know that you're not going anywhere.

And there you sit, feeding the beast and knowing little more than the anatomy of Janet Jackson's right breast better than her plastic surgeon.

That's why I don't mind when people criticize the news industry. It's well deserved, and the fact that it's now referred to as an industry contributes to that. However, all too many gripe for the wrong reasons, choosing to harp on journalists' actions, rather than the duties they neglect to perform.

Last spring this same sorority held a snap bid where they claimed they needed a couple more girls to get their numbers up. Someone put my name in and I got invited to lunch on them at the Union. After basically convincing me that I was in, I received an e-mail a few days later informing me that they just decided on a whim to not take any more girls.

Crushed, I convinced myself once again that sororities weren't for me and that I would just have to meet people and get involved in other ways.

Then fall recruitment came and went and I still did not try again, although so many girls urged me to rush. So when fall COB came around I decided to give it another college try.

Then, to top it off, I find out this second time that it wasn't just because they had already filled quota. I come to learn though not given specifics, that a few girls (who went unnamed) didn't have very good things to say about me. A few girls stood up and declared why I should not be in the sorority and why I would not fit in.

What is this? A middle school P.E. class where they are picking teams for dodge ball and I just so happen to be the fat kid no one wants?

OK, so the old saying goes, "Hurt me once, it's your fault, hurt me twice it's mine." Well, I let them hurt me twice, so I guess the real fault is no one's but my own: I should have known better after the first time.

But for everyone else, a word to the wise: if you are planning to rush a sorority, do so with an unbreakable heart and no feelings. Because if you end up being the fat kid sitting on the bench, I guarantee no one is going to come tell you that you didn't make the cut.

In fact, as opposed to serving as the watchdogs and protectors of justice it once was, American journalism now needs a watchdog of its own. As a student who studies the craft because I know this profession can make a difference in the world, I'm not alone in my frustration and sadness. I also see clearly that the media needs the public more than ever—if only for a true reality check.

Instead of the pleas for puppies, kittens and less bad news in Iraq, it's imperative that the consumers of media make their dissatisfaction known just as Moore and Huffington did—in demanding that journalists report the news—sans spin. Whether this come from boycotting, letters to the editor or choosing alternate sources of news, then so be it. Address the fact that, be it due to corporate ownership, laziness or that lame excuse we in the news business like to call "The Mirror Effect," the media is just as guilty of the injustices in this country and abroad as those who committed them—in their failure to seek accountability and the truth.

YOUR VIEW

What would be your ultimate Halloween costume?



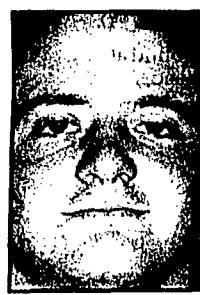
"I think it would be Oscar the Grouch, that way I can walk around in a trash can all night and I can be super mean to people 'cause I'm supposed to be a grouch. To actually act the part out would be awesome."

Bobby Blocher
Wildlife, Ecology/Conservation.



"I've been looking at Renaissance dresses. They don't look too bad on large ladies and I'd be able to wear it more than once since I go to Ren Fest almost every year."

Nikki Noble
English Ed.



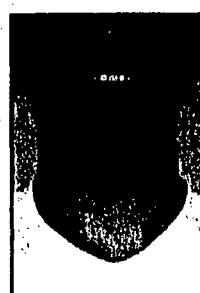
"The Twinkie outfit I found at Wal-Mart. I wore it last year and everyone laughed. It was pretty funny."

Jared Kendrick
Undecided



"Christopher Reeve in a wheelchair wearing a Superman outfit because he was so admirably selfish."

Mike Slusher
English



"I'm going as a tall person this year. I already have a really great costume."

Brandon Rold
English

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Letters are limited to 250 words due to space constraints. All letters must be signed; students should include their major. The Missourian reserves the right to edit all letters.

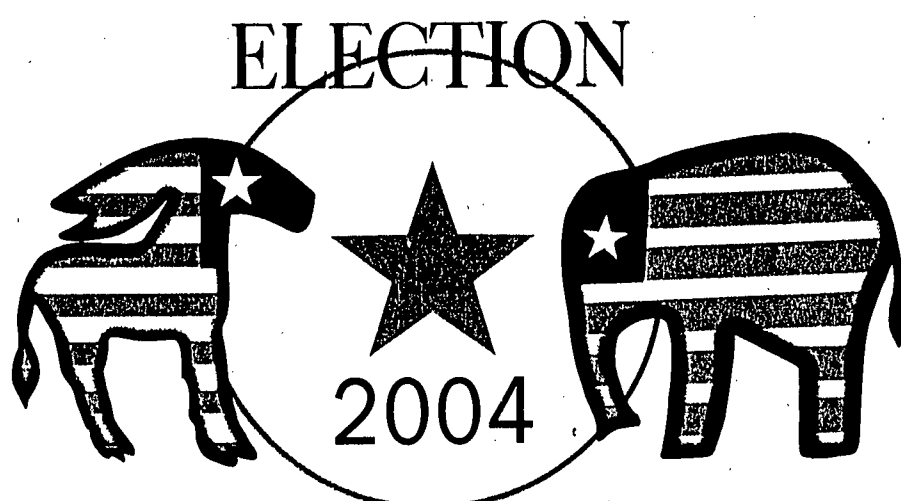
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Homestretch approaches

Bush appeals to moderate Democratic voters; Kerry on Iraq war: President 'doesn't get it'

LITITZ, Pa. (AP)— President Bush summoned support from Democrats whose "dreams and goals are not found in the far left wing" of their own party on Wednesday in a late-campaign appeal for crossover votes. Democratic Sen. John Kerry said that when it comes to Iraq, the man in the White House "doesn't get it, and he can't fix it."

Bush has made a habit of "dodging and bobbing and weaving" when it comes to tons of missing explosives outside Baghdad, added the four-term Massachusetts senator, and Vice President Dick Cheney "is becoming the Chief Minister of Disinformation."

The president accused his rival of "wild charges" unbecoming a man with ambitions for the Oval Office.

Six days before the election, the president and his Democratic challenger appeared before large late-October crowds as their aides and outside groups made strategic adjustments for the campaign's end-game.

Bush's high command put extra money into television commercials in Portland, Maine—a bid to claim victory in next-door New Hampshire, where recent polls show Kerry the narrow leader. The challenger as well as groups supporting him stepped up efforts in Hawaii, customarily a safe Demo-

cratic state, but too close for Kerry's comfort in recent surveys.

With polls reporting a high level of interest in the race for the White House, an Associated Press-Ipsos survey showed 11 percent of voters had already marked ballots in 32 states that permit early voting, and another 11 percent said they intended to do so.

"Lots of folks have made up their minds, and they figure that if they send in their ballots, the campaigns will stop pestering them," said Snohomish County Auditor Bob Terwilliger in Washington.

Yet there were problems as millions tried to beat the Election Day rush, and thousands of lawyers were primed to catch them. Officials in Florida's Broward County said up to 58,000 absentee ballots may not have reached voters who requested them more than two weeks ago.

The presidential race aside, 34 Senate races and 435 House contests dot the ballot on Nov. 2, and candidates and parties alike strained for a late advantage. Republicans, heavily favored to retain their majority in the House, sought late upsets in races for Democratic seats in Missouri and California.

Yet GOP strategists also fretted over Sen. Jim Bunning's recent dive in the polls

in Kentucky and minority Democrats rooted for an upset. "We have a horse race in horse country," crowed Sen. Jon Corzine of New Jersey, head of the party's senatorial campaign committee.

The polls made the presidential race out to be impossibly close as Bush and Kerry campaigned before large crowds in battleground states that will settle the election.

Bush's first stop of the day was beside a small, wind-swept airfield in Lititz, Pa., where the late-October breeze bore the scent of cow manure from nearby farms.

In remarks repeated nearly word for word later in the day in Ohio, Bush devoted about a quarter of his speech to an appeal to Democrats—although he acknowledged "they are not going to agree with me on every issue."

He invoked the names of Democrats Franklin Roosevelt, Harry Truman and John Kennedy by way of accusing Kerry of "taking a narrow, defensive view of the war on terror," then summoned memories of Lyndon Johnson and Hubert Humphrey to accuse his rival of shortchanging public education. Bill Clinton, he added, signed legislation that Kerry opposed to define marriage as solely between a man and a woman.

Former mayor Giuliani stumps for Blunt; McCaskill scoffs at name-dropping tactic

COLUMBIA, Mo. (AP)— Deflecting criticism that 33-year-old Matt Blunt is too inexperienced to be Missouri governor, former New York Mayor Rudy Giuliani said Wednesday his fellow Republican has more experience than Democratic vice presidential nominee John Edwards.

Both Blunt and Edwards have held elected offices for about six years—the 51-year-old Edwards as a one-term senator from North Carolina, Blunt as a single-term state representative and one-term secretary of state.

Speaking at a Blunt rally in Columbia, Giuliani said Blunt has "the right blend of experience," because he also worked in private business and served as a Navy officer. It's "absurd" to suggest Blunt is inexperienced, Giuliani declared as Blunt nodded and beamed.

McCaskill, 51, served three terms as a state representative, one term as a Jackson County legislator, two terms as Jackson County prosecutor and is serving her second term as state auditor. In speeches and advertising, she questions whether Blunt

has adequate experience to be governor.

McCaskill spokesman Glenn Campbell said of Giuliani's comparison of Blunt and Edwards: "Matt Blunt is 33 years old and just barely a decade removed from college. While Edwards and Blunt both look young, there is a clear difference in experience."

Grounded from flying because of bad weather, McCaskill drove west from St. Louis on Wednesday to campaign events in Franklin County, Warrensburg and Kansas City. She also conducted telephone interviews with radio stations as she traveled.

"I am out traveling on these bad Missouri roads and talking directly to people," McCaskill said in a telephone interview with The Associated Press. She scoffed at Blunt campaigning alongside Giuliani. "I have had offers to have Democratic governors and other big names come in to stump for me, but I think it's more important that voters hear from me than these surrogates," McCaskill said.

It was Giuliani's second trip to help Blunt. They raised money and shared stages Wednesday in Columbia and St. Louis, with Giuliani's stature after attacks would shine onto Blunt. Giuliani acknowledged to reporters that Blunt and Edwards disagree on some issues.

For example, Giuliani is a moderate on gun regulation, supporting gun rights, while Edwards promotes gun control. Most of the support for Blunt comes from national and state-level Democrats.

ring gay marriage. But Giuliani, who left the New York City job in 2002, said he and Blunt agree around the big principles: "reform, fighting crime and terrorism." McCaskill said Blunt was willing to downplay his differences with the former mayor "to bask in the spotlight."



Matt Blunt



Claire McCaskill

The special political advertising section does not reflect the views of The Northwest Missourian or its staff.

2003 Northwest Missouri Law Enforcement Gold Award for Valor



Re-elect Ben Espey for Nodaway County Sheriff

- ★ Twenty years in law enforcement
- ★ Twelve years as Sheriff
- ★ More than 2,000 hours of training
- ★ Knowledge of Nodaway County and its people
- ★ Professional staff with 108 years of experience
- ★ Open-door policy
- ★ Proud father, grandfather and husband of 30 years

Paid for by the committee to re-elect Ben Espey sheriff, Ted Espey, treasurer

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Professionalism.

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Elect Bob Westfall North District Commissioner

Paid for by the Win With Westfall Committee, R.E. Knapp, Treasurer

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- Worked with State and County officials throughout Midwest on projects
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I would appreciate your support in the November 2nd General Election.

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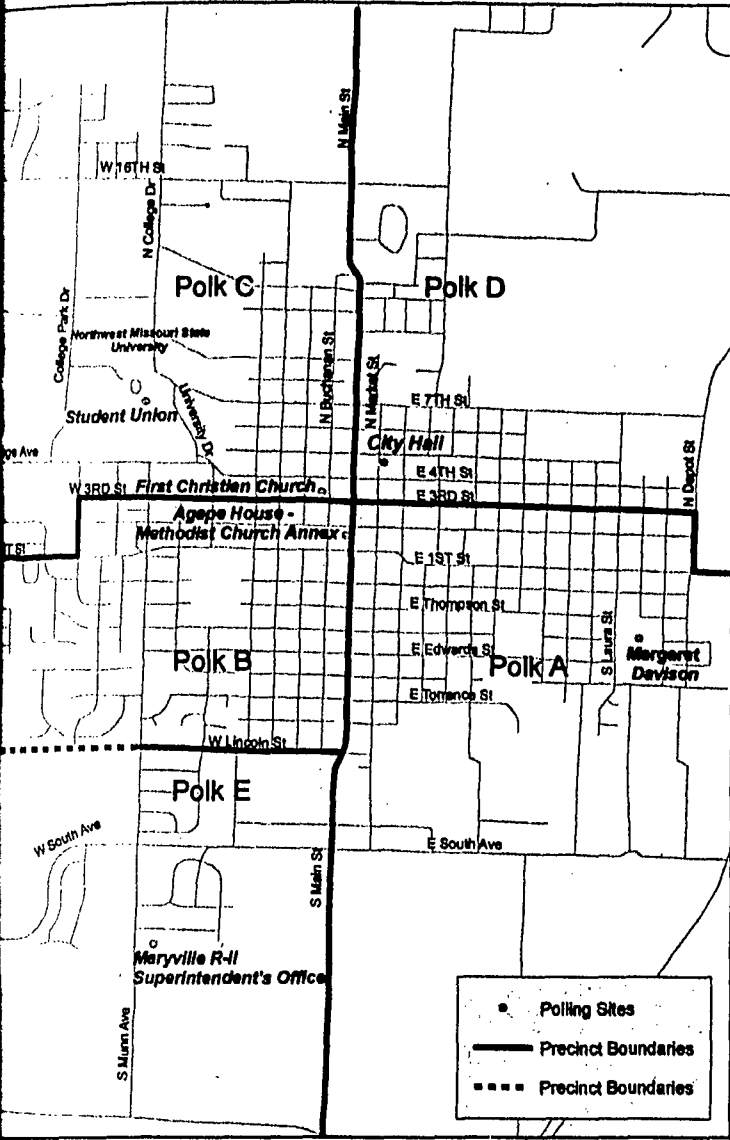
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Don't complain If you Don't Vote!!

Paid for by John Rose

Maryville Polling Sites and Precincts



Map by Maryville Dept. of Public Works GIS
Northwest Missouri State University
Prepared by Geo-Technical Services

Sheriff's race pits friends against one another

By ABBY SIMONS
EDITOR IN CHIEF

In the waning days until Nov. 2, Nodaway County Sheriff Ben Espey and challenger Rick Smail count their election year blessings.

Among them: Strong and reliable co-workers. Solid response from supporters. But first and foremost, the longtime friends and law enforcement colleagues say, comes a clean campaign in the race for Nodaway County Sheriff.

"We both met after the primary and talked about it and we wanted to give the county what they deserved, which was a

clean campaign," said Smail, a Democrat and 16-year veteran of Public Safety. "Most of us can't stand listening to that. Nobody runs on who they are and what their merits are anymore."



Ben Espey

Despite the congeniality, the candidates aren't without their differences. In challenging the Republican Espey's 12 years as sheriff, Smail says much work is left to be done. Espey counters that, despite a shortage of manpower, county law enforcement has never been better.

"Ben as sheriff isn't just about me, it's about the people I've worked with. Being sheriff for 12 years, this is the best

the department has been."

Smail insists more is needed for success in office.

"My main platform is to one, increase service to citizens of the county by increasing drug education in schools and working harder to eradicate drugs in our community," Smail said. "They're an ongoing problem for the hole community and it takes officers of all departments working together, as well as citizens of Nodaway County. If the community gets involved, that helps us do the battle."

With medically-trained 911 dispatchers and eight officers working

Nodaway County, Espey said his staff is doing all it can to secure success.

"The only reasons my officers are here are because they're dedicated and have good morals. If Rick were to come in here and change blood, he's going to have to hire 22 new people."



Rick Smail

Despite the slight differences in ideology when it comes to law enforcement, both know that the race's outcome will never hinder their service to the city and county.

"We became friends when we started working together 16 years ago and we'll be friends when it's over," Espey said.

County Commissioner candidates seek improvements

By STEPHANIE SUCKOW
MANAGING EDITOR

Although both candidates have decided to leave the name-calling and negative ad campaigns out of the procedure, the race for North District County Commissioner hasn't been without dispute.

However, the differences in the platforms for Republican Bob Westfall and Democrat Lou Schreck are hard to distinguish at first glance.

Their similarities include aspiring to improve public safety in the county. Nodaway County now has eight deputies. Both believe this is insufficient due to the county's size, and should be dealt with if the budget allows.

Schreck believes that, by increasing

the funding to the department, more applicants will take an interest and the current deputies will want to continue.

"Right now the Campus Safety officers start out making \$3,000 more than the deputies," said Schreck. "That number needs to go up, it needs to be more of an even playing field for the sheriff's department."



Bob Westfall

Westfall further believes that improving public safety will also have other positive affects.

"I think that if we improve public safety overall it will in turn increase economic development," said Westfall. "The businesses will potentially move in because they will feel more comfortable."

Secondly, both candidates believe it's important to improve communications between the county, city, township and

University.

"It's definitely an efficiency thing, right now there is just a lack of cooperation," said Schreck. "We need to work together to get more things done for the taxpayer's dollars."

Westfall agrees that by improving communications between the county, city, township and University, each will improve as a group and individually.

"There needs to be bonds," said Westfall. "We need to bring it all together because we are all going for the same goal."

Despite the similarities, the candidates have voiced differences on two issues: experience and availability.

Westfall believes that along with the experience he also deserves the vote due to the time commitment he

would be willing to give.

"I don't like taking on commitment that I can't put in full time," said Westfall. "Which is why I would treat this position as a full-time job."

Schreck believes that although he isn't able to treat the position as a full-time job he will be able to leave any time to uphold his commissioner duties if elected.

"Being self-employed offers me flexibility to give my full attention to the office and duties of North District County Commissioner," said Schreck.

Nodaway County voters will need to sift through these similarities and differences before making their final selection on Nov. 2.

What you need to know for Election Day

State Constitutional Amendment Three

Northerners will vote on whether or not the constitution should be amended so that all revenues from the existing vehicle fuel tax (less collection costs) only for state and local highways, bridges.

Vehicle taxes and fees, paid by highway users, should be used only for constructing, maintaining the state highway system, collection costs, refunds and high-law law enforcement costs. Except for half of such vehicle taxes and fees, over four years, will go into a state fund to repay state highway

acted, voters do not pay taxes as of the constitutional amendment increases funding for the Department of Transportation to be used for highway purposes only and limits the highway user fee revenues by other

What students should know for Nov. 2

Northwest students who are registered to vote and live on campus will cast ballots on the first floor of the J.W. Jones Student Union between 6 a.m. and 7 p.m. Tuesday.

Students living off campus that are registered in Nodaway County will vote in the precincts listed on their registration cards.

A Vote Mobile shuttle bus will circulate from the Student Union parking lot to Maryville polling precincts so that off-campus students have transportation to vote. The Vote Mobile will run from 6 a.m. to 7 p.m. and take students to and from the precincts.

Provisional voting

A voter whose name is not found on the poll book on Election Day is given a provisional ballot. These ballots are separated so that the election authority can investigate the voter's registration status in the state. If the ballot is not cast in the voter's designated precinct, the ballot does not count.

Trio relies on experience in run for Public Administrator

By JARED HOFFMANN
CHIEF REPORTER

Three candidates will face off Nov. 2 for the position of Nodaway County Public Administrator.

The race includes Republican incumbent Julia Lyle, Democrat Susie Nelson and Independent Regina Riley.

Lyle said her experience gained in the position will aid her quest for a second term.

"You certainly never know it all, but I've been exposed to a lot in this job," Lyle said. "In my four years of experience I've met a lot of people. I'm a real people person."

The other two candidates, Nelson and Riley, are also relying on their experience to pull in votes on Nov. 2.

As a graduate of Northwest, Riley said her

bachelor's degrees in elementary and special education will weigh in heavily on Election Day.

"I'm more educated," Riley said. "Plus I feel I've got quite a bit of experience working in this area."

Riley has worked for Nodaway County Services Association of Group Homes for six years helping those in need with physical therapy and activities such as cooking, cleaning and shopping. She also worked as a special education teacher at Tarkio Academy teaching English and math for seven years.

Riley said it's experiences like these that inspired her to run for the position.

"I love working with these people," Riley said. "I feel I can do more for them as a public administrator."

Like Riley and Lyle, Nelson said her experience is also a strong suit.

rience is also a strong suit.

"I have much more experience going into the job," Nelson said. "If elected I'm going to get training and I already know some of the clients. I already have the knowledge of what it takes to do the job."

She is currently the director of the Alzheimer's unit at Beverly Health Care, where she has been employed for 20 years. She also has experience in child care as director of a day care, along with multiple hours of training at Horace Mann Elementary School.

Nelson said the job of Public Administrator requires that one be able to work with individuals of all ages.

"My whole working career has been caring for others," Nelson said. "This job would let me continue to do this, helping adults and children who need me."

The race for coroner:

With current Nodaway County Coroner Tom Scarbrough opting not to run for another term, the door swings wide open for Democratic candidate Linda Luke and Republican candidate Vincent Shelby.

Luke is a graduate of Northwest Technical School and Southwestern Community College, with degrees as a Licensed Practical Nurse and a Registered Nurse.

Luke said she hopes to give back to the community through the responsibilities of the position.

Shelby attained a degree in pre-medical biology from the University of Missouri at Columbia and attended Logan Chiropractic College in St. Louis, Mo.

Shelby said his background in the chiropractic field will give him an edge if elected to coroner.

NODAWAY COUNTY NEEDS RICK SMAIL FOR SHERIFF



Rick Smail for Nodaway County Sheriff

- A resident of Nodaway County for 39 years
- An active member of St. Gregory's Church
- A member of the Optimist Club
- 16 years as a dedicated Maryville Public Safety Officer
- 13 years as a Supervising Sergeant at Maryville Public Safety Department
- 14 years as a certified Drug Abuse Resistance Education Teacher. (D.A.R.E.) Kindergarten - High School
- 2.5 years as the Special Events Sergeant
- 2.5 years as the Sergeant in charge of Mozingo Lake Patrol

I look forward to the opportunity to serve the citizens of Nodaway County. I promise to increase the drug education in our schools, and to increase the fight against the drugs in our community. I would appreciate your support in the November 2nd election.

Thank You
Rick Smail

The special political advertising section does not reflect the views of The Northwest Missourian or its staff.

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Don't forget to vote **THIS** Presidential election
Closed Election Day

Maryville Florists
Push to the Polls
GO VOTE Teleflora.

GO VOTE
Rod's Hallmark

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Fall Classic III Arrowhead Football Game
Wishing Good Luck to the Bearcats!
Issue: Nov. 4
Deadline: Oct. 29

Veteran's Appreciation
Displaying love and appreciation for our Veterans!
Issue: Nov. 11
Deadline: Nov. 5

Congratulations Graduates!
Issue: Dec. 9
Deadline: Dec. 3

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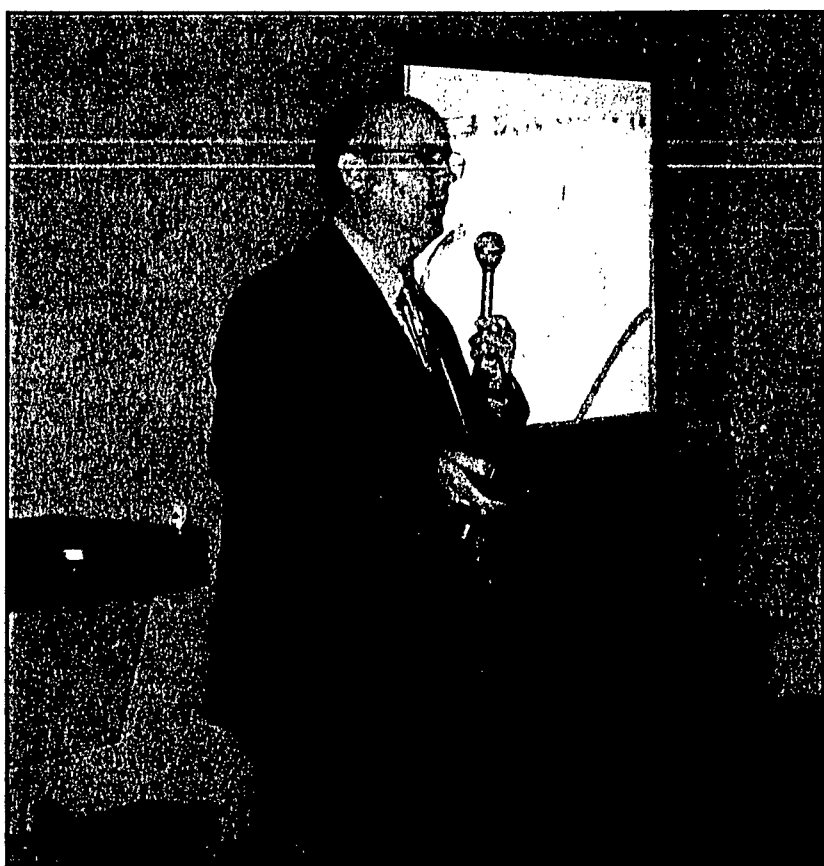


PHOTO BY JARED HOFFMANN/CHIEF REPORTER

Maryville Public Safety Investigator Randy Strong gives a power-point presentation on how meth is made and distributed in front of a capacity crowd Tuesday at St. Gregory's Parish Hall. The Northwest Missouri Coalition for Asset Building sponsored the event to promote community awareness on the problems of meth.

Speakers focus on dangers of meth

By JARED HOFFMANN
Chief Reporter

"The underground world of methamphetamine abuse is growing more prevalent today than ever — and statistics show it is thriving in our community.

According to Nodaway County Sheriff Ben Espey, Missouri leads the rest of the nation in total number of meth lab seizures with 2,860, with California coming in second with just over 1,400. According to Espey, the high number is not a direct result of a growing problem, but of swift action.

"I think it's equally bad in other states," Espey said. "If other states went after meth labs as hard as we do, then their statistics would be up too."

Area law enforcement officers spoke at an awareness meeting Tuesday at St. Gregory's Parish Hall to help inform the community on the rampant meth problem. Among the speakers was Curtis Campbell, a former methamphetamine user and distributor.

Campbell said he first got involved with the drug during his days at Savannah High School as part of the 1960s

peace movement. He said turning to drug use was the only option for him and others.

"It was more of identity thing for me," Campbell said. "It was about togetherness and belonging. We didn't belong to the football team or anything else, so it was just an alternative for us."

Campbell's out-of-control lifestyle soon found him confined inside a prison cell, but the chaos did not stop there. While playing a part in an inner-prison drug ring, a group of rivals stole drugs from one of his confidantes. Campbell said that because of the brutality of the prison society, he had no choice but to kill the man responsible. He was on his way to the courtyard with a makeshift knife taped under his sleeve.

Campbell said at that moment he surrendered his drug habits and devoted his life to helping others who suffer from addiction.

"I just remember a voice saying 'You fool,'" Campbell said, "I knew from that moment on that drugs weren't going to cause me or those who love me one more moment of pain."

Campbell finished the last five years of his prison sentence and returned to society with a new perspective on life.

He is currently attending the University of Missouri at Kansas City as part of a graduate social work program for individuals with substance abuse. He is also working with a meth prevention group out of the University of California at Los Angeles to develop new forms of treatment for drug users.

Campbell said that the drug problem is a factor even in small areas such as Nodaway County, mainly because the drug is so easy to make.

"It's really bad because of the availability of the chemicals," Campbell said. "The worst part is that when they get into it they don't just quit. For the most part people just do it until they drop."

According to Espey, there have been three meth lab seizures in Nodaway County this year. Espey said that harsher penalties for methamphetamine users would help curb the use and distribution of the substance.

"Methamphetamines are worse than anything because it affects people's lives and it can kill people," Espey said. "I think there needs to be mandated jail time for first offenders. That's the only way we're going to get this thing under control."

Tips for identifying meth labs

- A strong, foul odor emanates from the house
- Suspicious containers in trash
- Air conditioner runs during the winter
- Someone constantly going on and off the side to smoke
- Traffic at a residence during the night and only stays for a few minutes

SOURCE: NODAWAY COUNTY SHERIFF BEN ESPEY

NEWS IN BRIEF

Authorities seize possible methamphetamine lab

Last week, Nodaway County Sheriff Ben Espey and members of a federal strike force searched a residence in Cape Girardeau, seizing several items in the production of methamphetamine along with marijuana and firearms.

A 9-year-old boy was taken into protective custody and turned over to the Department of Social Services Children's Division.

The male subject of the home was transported to the Nodaway County Jail, pending charges from an ongoing federal investigation.

Businesses cater to trick or treaters tonight

By DENNIS SHARKEY
Missourian Reporter

Downtown Maryville streets will be overrun with little witches, ghosts, and vampires tonight for the annual Downtown Trick or Treat.

Kids can trick or treat at participating businesses from 5-7 p.m.

Movie Magic owner Kathy Rice has been organizing the event with help from Rod and Eric Coutts of Accent printing. The event is in its ninth year.

"Last year was unbelievable," Rice said. "It was a beautiful night and we had about 1,000 kids. I hope this year we get 1,000 more."

Rice said that this is a way for a lot of younger kids to enjoy the holiday, as well as community spirit.

"The parents put a lot of effort into the costumes and some of them wear costumes as well," Rice said. "The merchants tell me that they have a lot of fun doing it."

This year, Rice said that 47 businesses are participating in the event—the most of any year. She also noted that it is a good way to get free publicity.

"The only cost to the merchant is providing the treats for the kids," Rice said.

Maps of downtown Maryville with the participating businesses were

handed out at school this week and can also be picked up at any of the participating businesses.

For those kids who can't make it tonight, the Northwest Residence Hall Association will hold a trick or treat night on Oct. 31 from 6-8 p.m. Organizer Kisha Stegall said that students who wish to participate must sign up at their residence halls before the event.

"I think it will be a great opportunity for little kids to trick or treat on Halloween," Stegall said.

Residents participating in the event will have orange paper pumpkins on their doors.

Scaryville



Halloween decorations drape a house on West Second Street. Trick or treaters will fill the streets of Maryville this weekend for the upcoming spooky holiday this Sunday.

Council looks at recycling plants in Maryville

By DOMNICK HADLEY
Missourian Reporter

The Maryville City Council on Monday discussed drafting a new city ordinance that will allow recycling plants to open within city limits.

According to City Manager Matt Chesnut, current zoning laws permit recycling plants from opening up shop within the city. The new ordinance would lift current restrictions and allow them to open in select manufacturing zones.

"We still need to have an ordinance that is not against one person, but an ordinance that has uniformity," Chesnut said.

"If we are going to hand recycling over to the private sector, we at least have to give them the avenues to offer their business."

All of the council members expressed concerns about hours of operation and the possible public disturbance it would cause to residents living in those areas.

However, City Attorney David Baird assured the council that the ordinance would set specific guidelines to prospective plant owners. However, Baird told the council that the ordinance would set specific guidelines to prospective plant owners.

"Our zoning laws will not allow it, but what we are saying to the owners is that if we are going to allow it then these

are the niches," Baird said.

In addition, Council members reluctantly approved an ordinance that would rezone a property at 1408 E. Hasley from a single family residence to commercial property.

Mayor Thompson cited liability concerns because of the resident's proximity to Sunshine Park.

"The only question I have is, will there be any way that children can be prevented from getting on the property and getting hurt?" Thompson said.

But Chesnut said that once the property is rezoned, then liability is relegated to the owners.

CONTINUED from 1A

Sam Graves humble, confident about reelection chances

fire—in particular from his Democratic challenger Charlie Broomfield—has been the Volunteer Medical Prescription Act.

Broomfield has called the bill "a complete disaster" that needs to be repealed. Graves said that although adjustments are needed, he stands behind it, saying that it's the help senior citizens need.

"There's a lot of things that we have to do to make it better and we'll continue to work through that process and make changes to it," Graves said. "I think it's a great bill and it takes care of those low income seniors and for that matter,

it takes care of everybody."

Another area in which Graves feels he has helped residents in the sixth district is the work he has done on the Agriculture committee.

While growing up on a farm in Tarkio, Graves knows about the hard work put in by Northwest Missouri farmers. As a sixth-generation farmer and one of only six of the 50 members on the committee with practical experience in agriculture, Graves said he really enjoys working with the House to help America's farmers.

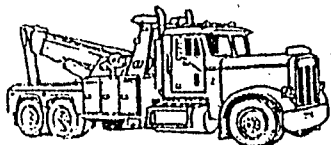
"There are so few people out there who can speak up for farmers, and yet in my opinion that's one of the most important issues out there," Graves said. "There's a single person out there who doesn't depend on agriculture three times a day."

As a representative for Nodaway County for the last 12 years, Graves said his experience is a prime reason why voters should choose him come Nov. 2.

"My beliefs and my position on these things are very reflective of this district and what I do," Graves said. "There's a lot of things I would love to be able to do."

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Web chats designed to attract students

By SAM MUCHIRI
Missourian Reporter

The University's Admissions Office this fall unveiled a new content way to recruit students. Instant messaging is a new tool employed by Northwest to use high school students to would rather use the Internet search for colleges than anything else," said Carrie Murr, Assistant Director of Admissions. Approximately 40 prospective students chatted online Tuesday at Mabel Cook with Murr, assistant ambassador Brett Kisker, student telecounselor Lacey Gerald.

The chat was primarily aimed at high school seniors. These students were able to receive answers to questions ranging from admissions to scholarships from 7-9 p.m.

Admissions plans to continue these chats once a month. Future instant messenger chats

could include selected campus officials and students from various campus departments.

These people will discuss different topics each month which could range from campus housing, financial aid to athletics.

If the Admissions is successful with using instant messengers for a year, then it could be incorporated permanently into the University's recruiting strategies.

The Admissions office plans to host future chats in the spring for transfer students and in the summer for high school freshmen, sophomores and juniors.

The first chat was in late September and approximately 30 prospective students logged on.

"Instant messaging is accessible and easy for students to use," said Jeremy Waldeier, Associate Director of Admissions. "Prospective students feel comfortable using it and it doesn't require someone to be in the office from 8 a.m. to 5 p.m."



Carrie Murr, Assistant Director of Admissions chats online to prospective students Thursday night as Northwest's Admissions Office uses its advantage of being the Electronic Campus to inform and answer questions.

NEWS IN BRIEF

Northwest Missourian to host student debate

The Northwest Missourian, in conjunction with Students for Political Awareness, College Republicans and Young Democrats, invites campus and community to join in a political debate and discussion at 6 p.m. Monday in the Lakeview Room of the J.W. Jones Student Union. Depending on attendance, location of the event is subject to change.

The debate between members of Young Democrats and College Republicans is moderated by SPA President Leon Harden III, and will consist of prepared questions spanning topics including the war in Iraq, the economy, healthcare and homeland security, among others. The debate will also feature a town hall format, where the audience may participate by asking questions. Admission to the event is free.

To check for tentative location changes, log on to missourianonline.com or call the Missourian newsroom at 562-1224.

ED from 1A

Huffington takes on politics, media

to band together to take back government so it works for citizens not interest groups.

I have been very engaged in the few years and energizing people so they can actually have a critical mass of organized citizens who can make a difference," Huffington said. "That's what I believe in, a movement of organized citizens who can lead the way politicians following."

Huffington also mentioned her recent of 10 books, "Fanatics and The Game Plan for Winning America," which addresses the importance for young people to vote.

He warned that it is important for young voices to be heard because this generation of students may be the first in over a century that will do better than their parents did.

"I don't think it's true that young people don't care," Huffington said. "I think they stopped believing, if they ever did, that politics is the way to make a difference. We need to change that because if they don't participate in our democracy we will continue to have this dreadful turnout rate."

According to Huffington, if voters get involved they have the opportunity and ability to change what is not working in this country including social inequalities, the War on Drugs, and the corruption of modern politics. Voters, however, should not give up if a change does not occur overnight.

"You cannot allow yourself to get discouraged because every major social change has taken effort and time and a lot of setbacks," Huffington said.

CONTINUED from 1A

Homage to heritage: Native American student shares culture at first powwow

A single white feather, a beaded barrette and an embroidered gold and silver crown complemented her dark, braided hair.

Little Beaver, Swope's Chippewa name, danced in this brand new outfit that Nanny, her grandmother, created for the event. However, for the first time in Maria's life, Nanny could not be at the powwow due to surgery.

"It was weird that my grandma was not there," Swope said. "I was really sad, I wanted to dance more and wear the outfit she made for me."

Although the family missed the presence of their grandparents, Maria's mother and younger sister traveled from St. Louis to support their powwow tradition.

Jackie Swope, Maria's mother, started attending powwows while dating Maria's father. Jackie says that Maria loved powwows, seemingly from birth.

"When Maria was a baby she would bounce in my arms, in time with the music," she said. "After she could stand, my mother made her regalia and she would bounce to the drums, leaned up on a bench. One day, an elder at a powwow picked her up and took her out into the ring."

While most of Maria's Native American heritage comes from her late father, her mother places high importance on keeping it alive through participation in powwows. "It's very important to know who you are and who your family is," Jackie said. "That's what makes you, you."

Jackie also enjoys attending the powwows, taking in each individual experience. "Everybody sees and hears something different, and will get something different

out of it," she said. "The drum is like a healing thing...afterwards, you just feel good."

The beauty and athleticism of fancy shawl dancing also appeals to Swope's 13 year-old sister, Krystie Miller. She began dancing at age three, and credits the origin of her love for powwows to her sister. Jackie emphasizes how proud she feels watching her daughters dance, and the special bond they share.

"I thank God daily for my kids," she said. "Words cannot even describe...my heart wants to explode with pride and love when I see them dance. I watch them and can't believe they're mine."

As the sisters danced together on Saturday, to Swope it felt new.

"Now that my sister's older, we are much closer," she said. "We have a lot more in common, and Saturday it was like dancing with her for the first time. We can communicate to each other while we're dancing, through looks and small motions...she may not look just like me, but she's always felt like my whole sister and she loves to dance and honor the same things."

Green and white ribbons, blue and silver fabrics swirling, the girls outstretch their arms as moccasins-clad feet draw invisible patterns on the arena floor. Maria and Krystie bend and spin to the beat of the echoing drums, dancing the steps carried down through the years.

They dance not to entertain, but to share, honor and remember their heritage, long after the drums crescendo and cease.



Are you feeling a draft?

Army recruiters can't fill their quotas. Re-enlistments are plummeting. Soldiers are being forced to stay past their contracted time.

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With America's armed forces already stretched to the breaking point in Iraq and Afghanistan, where are tomorrow's troops going to come from?

As college students today, we ought to seriously consider that question.

Oh yes, President Bush insists he won't bring back the draft. But

remember: this is the same president who swore that Iraq had weapons of mass destruction. That Saddam was linked to 9/11. And that Iraqis would welcome us with open arms. He was dead wrong every time.

With George Bush stubbornly determined to go it alone, our allies won't join us. American troops will still be 90 percent of the "coalition." And 90 percent of its dead and wounded.

And the volunteer military will be a casualty of war.

So unless you like the idea of graduate school in Fallujah, we need to pay careful attention to what our president is saying, versus what it really means.

Now do you feel that draft?



Can meaning be uncovered in your subconscious?

By STEPHANIE STANGL
Features Editor

Deep within a forest, trees surround her as she walks aimlessly into the night. Though people abound, she cannot identify a single face. Slowly, she looks up in horror as the bodies of men, women, babies and animals dangle from nooses on the branches looming over her head.

Then, as quickly as the dream sequence happened, she wakes up, startled back into reality.

Immediately, sophomore Sarah Beville, a psychology major at Northwest, began to contemplate why she would dream something so morbid when the majority of her dreams are happy.

"It seemed so real at the time," Beville said. "When I woke up and figured out it wasn't, I thought, 'What is going on in my head to make me think about this stuff?'"

Sigmund Freud, an Austrian psychologist of the 19th Century, was one of the first to hypothesize that everything in our dreams is symbolic of something else.

According to Carla Edwards, assistant professor of psychology at Northwest, Freud separated his theory into two parts: manifest and latent content. Manifest content being the story line or plot of your dream and the latent content being the deep underlying meaning.

"The underlying meaning is always related to our id," Edwards said. "This works according to the pleasure principle which guides and directs wishes, unmet needs or conflicts. Of course with Freud these are always somehow sexual. He says there is some phallic symbolism in everything you dream."

Beville described the color of her dream being mostly gray and white. According to dreammoods.com, these colors could symbolize fear, fright, or confusion in some aspect of her life while the white symbolizes purity, perfection or peace.

If it is true that dreams serve a psychological function, the trees in Beville's dream could symbolize new hopes, growth and desires. The people hanging from nooses in her dream could signify repressed anger and rage, according to the same Web site, which is based on the theories of Freud.

But dreams could also be virtually meaningless and serve a purely physiological function, according to Doug Dunham, assistant professor of psychology at Northwest. Because of the lack of proof to support Freud's theory, he says Alan Hobson developed the activation synthesis model which claims that we repeatedly process the information we have already taken in through our senses and simply dream to keep our brains alive.

"Hobson attempted to prove that when we are awake everything makes sense because the cortex is processing incoming information," Dunham said. "When we are sleeping, the cortex is fooled into thinking that something is coming in so it's the job of the brain to try to make a story."

At the same time, another portion of the brain, the pons, shuts down, sending signals to the brain which paralyzes

us and prevents us from acting out our dreams. So, in essence, Hobson claims that we dream merely because the brain is doing something for its own benefit.

Edwards agrees with Hobson in the terms of why we dream. "In the popular press and media it has been very accepted that dreams tell you something mystical," Edwards said. "But there is no real empirical support for that position. Rather it is that we take in a lot of information below our awareness and that may come together in our dreams."

One sleep cycle comprises of four stages plus REM (rapid eye movement) sleep and lasts for about 90-120 minutes, according to Dunham. Dreams occur in any of the four stages of sleep but the most vivid and memorable dreams occur in the REM stage of sleep. The sleep-cycle repeats itself an average of four to five times per night, but may repeat as many as seven times.

Although dreams may not entirely serve a psychological function, Edwards says there is still benefit in people such as Beville taking a closer look at dreams.

"If you take the time to analyze your dreams, you may be very likely to find that you have taken in much more information about life and about the world than you are aware of at a conscious level," Edwards said. "It can help you about all the information that has come to you through channels you may not be currently focusing on consciously."

How to better remember your dreams

- Avoid alcohol consumption and taking medication before going to bed. These things may hinder you from remembering your dream.
- Keep a pencil/notebook or tape recorder next to your bed so that you can be within reach as soon as you wake up.
- Talking about your dreams to friends or participating in forums and journals can also help you remember.
- Have a regular bedtime and wake up time. Make this your routine. Going to bed and waking up at a regular time every day aids in dream recall.

Source: www.dreammoods.com

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'HOUNDS HOLD 'EM

MARYVILLE HOPES TO HAVE A PAIR OF ACES UP ITS SLEEVE WHEN FACING PLATTE COUNTY FRIDAY

By COLE YOUNG
Sports Editor

Maryville, Platte County and Chillicothe. These three schools make up what is known by many as "the big three" in the Midland Empire Conference. The trouble is, the Spoofhounds have yet to win a game against the other two while any of the current players have been in high school.

Head coach Paul Miller is almost certain that is about to change.

"I really firmly believe that we're the better football team and 99 out of 100 times the better team should win the game," Miller said. "I'm trying to convince them and

impress upon them what I really believe that we're the better football team. Better teams should not lose the game. We know we've already done that once this year. Maryville watched their first chance to knock off a top-tier MEC team go by the wayside thanks to a blocked punt deep in their own territory against Chillicothe.

"We know we were the better football team than Chillicothe and we lost that ball game," Miller said. "We don't afford to lose another one like that."



PHOTO ILLUSTRATION BY COLE YOUNG

Winner to reach playoffs Friday's district battle

By JEROME BOETTCHER
Assistant Sports Editor

ensure players' health, head coach Paul Miller decided to have practice Tuesday night at Maryville Community Center gymnasium because of the rainy weather.

However, Miller and the Maryville team don't plan to be cautious and come to Friday's game against Platte County.

The winner of Friday's game will likely go on to win the district championship. The teams are the only two in the Midland Conference with only one

ten the best of them in the past, they're not worried.

"Some of the players might be intimidated by Platte County and their stature and everything, but they're just high school students like us," senior wide receiver Syd Brisbane said.



Quarterback Jake Bain of Platte County was 10-for-14 and threw for 214 yards and two touchdowns last week against Savannah. However, the Spoofhound defense believes they can control him.

"Platte County's offense is all about timing, all we have to do is throw their timing off and pressure their quarterback," senior defensive end Keith Starr said.

Before last week's games, Platte County had the No. 1 defense in the MEC while Maryville held the No. 2 defense in the league.

"Our defense, of course, played well all season long," Miller said. "They've never really had a bad game."

The 'Hounds have not punted the football since their game against Harrisonville three weeks ago. Miller says that he plans to keep that challenge going this week against the Pirates.

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11.3	Points allowed per game	17.0
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Burnsides 54-374	Leading Rusher	Henson 106-972

Maryville has no problems in opener

By BRENDAN KELLEY
Missourian Reporter

The Maryville Spoofhound opened district play at Smithville Friday night, and stepped onto the field with a purpose.

"We did not want to overlook Smithville," senior Skyler Vandiver said. "A loss to Smithville probably would have ended our chances at winning conference."

Vandiver had a big game rushing for three touchdowns as the 'Hounds manhandled the Warriors from Smithville 40-0.

"I go into every game with the goal of doing whatever it takes to help the team win," Vandiver said. "Tonight the line did a great job and opened up holes for me all night long."

The defense locked down the Warrior offense all night long.

Smithville came close to scoring only once when they made it to the Maryville 10 yard line, but the 'Hounds' defense held strong and preserved the shutout.

"Our defensive line just beat their offensive line," senior Keith Starr said. "We kept them confused all night long."

Starr and the rest of the defense caused problems for Smithville throughout the night, forcing three turnovers and sacking the quarterback three times.

"We got some of the younger guys in on defense and got them some playing time," Vandiver said. "They stepped up and did a decent job."

Although the 'Hounds appeared to dominate Smithville throughout the game, some of the players felt that they could have done a few things better.

Please see 'Vandiver' page B

Injury-plagued harriers place fifth at MIAA Meet

By BILLY BURNS
Missourian Reporter

The Northwest men's cross country team walked away from Saturday's MIAA conference championship a little disappointed.

The Bearcats finished fifth out of eight teams at the race held at Mozingo Golf Course in Maryville.

Bryan Toney, one of the team's most consistent finishers throughout the season, had been bothered by a cold all week preceding the race.

"He had a really bad cold starting last weekend, and he had swollen lymph glands," Alsop said. "He really tried to go up there and stay with people, and I could see two and a half miles out that he was really struggling."

Matt Pohren led the Bearcats with a 13th place finish. He finished the eight kilometer race in 27:26, roughly a minute behind winner Paul Koehler of Missouri Southern.

Pohren feels that having a healthy Toney would have helped the team, as well as himself.

"I think if he was out there pushing me I would have broken into the top 10," Pohren said.

Drew Wilson, Brandon Dart, Brad Trede, and Jeff Kanger constituted the top five for the Bearcats. Wilson finished 22nd overall, with Dart 23rd, Trede 25th, and Kanger 36th.

The Bearcats will now begin preparing for the Division II Southwest Regional Championships in Joplin, Mo.

The top three teams at regionals continue on to the Division II Cross Country Championships in Evansville, Ind. For an individual runner



PHOTO BY MIKE DYE/ CONTRIBUTING PHOTOGRAPHER
Matt Weeder runs during the MIAA Championships held on Saturday at Mozingo Golf Course. The men finished fifth.

to qualify, he must be one of two runners in the top 15 that are not part of qualifying teams.

The regional course brings a different challenge for the Northwest men. The race is 10 kilometers instead of the usual eight.

Alsop will also adjust the training because the course lacks the hills of the earlier meets.

"The regional championship is on a pretty flat course," Alsop said. "We're going to do some pretty fast work for the next couple weeks."

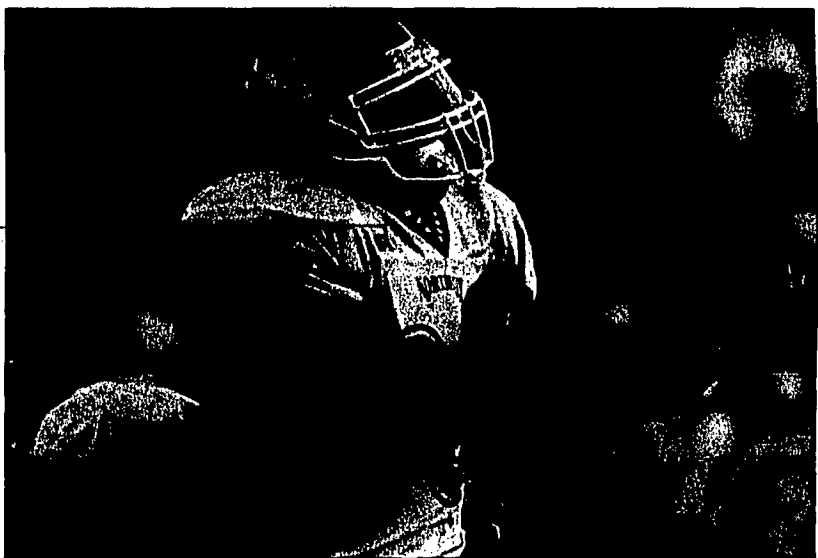


PHOTO BY COLEYOUNG/SPORTS EDITOR
Freshman running back Xavier Omon celebrates after scoring the game-winning touchdown at Truman State Saturday. Omon finished the game with 169 yards on 28 carries.

Omon leads Bearcats to MIAA victory

By COLE YOUNG
Sports Editor

Xavier Omon's feeling on Saturday could speak volumes for the collective feeling of the Bearcat nation in their 45-42 win over Truman State.

"I was nervous," Omon said as the Bearcats began their game-winning drive with less than three minutes remaining in the game. "Everyone else in the huddle seemed like they were pretty calm and collected. I was nervous though."

He had good reason to be.

The Bearcats trailed 42-38 as the final minutes ticked away in the game.

That is when the Northwest offense once again came alive. They went on a eight-play 70 yard drive capped off by Omon's one -yard touchdown run.

The freshman finished the game with 169 yards on 28 carries.

It was his 28th carry that caused fans to hold their breath. Omon dove over the top of the offensive line to score the game-winning points.

"In the huddle the line told me to go over the top," Omon said. "They thought we would have the best chance if I just went over the top of them."

Northwest head coach Mel Tjeerdsma had the same plan.

"There was no doubt in my mind," Tjeerdsma said as to who would get the ball. "We had some discussion, but everybody realized the same thing. When you're that close, just give it to (Omon) and let him go over the top. We've seen him do it before and I didn't think there was any way

Please see 'Omon' page 2B

'Cats finally hold on to success with 2-1 win

By KRISTINE HOTOP
Missourian Reporter

A slightly windy game brought the 'Cats soccer squad some luck against Missouri Southern for a 2-1 victory Wednesday.

Lindsey Jones made the book, earning her first goal of the season.

Later in the half, sophomore Beth Gutschenritter's assist enabled Heather Kolbo to put away the second goal for Northwest.

The 'Cats remained scoreless in the second half after battling through a few questionable calls, but only al-

lowed one goal for Missouri Southern.

"The girls played the best I've seen in the past two seasons of coaching," Head Coach Tracy Cross said. "They played with great skill and technique. They struggled a little to get balanced, but they came back from a discouraging weekend and that showed a lot of character."

The 'Cats traveled to Rolla Friday to battle the Lady Miners for the second time this season. Within the first minute of play, the Lady Miners came out strong, finding the back of the net.

Please see 'Cats' page 3B

Northwest gets final tune-up before Arrowhead duel

By JEROME BOETTCHER
Assistant Sports Editor

With No. 1 Pittsburg State less than two weeks away, the Northwest football team just has one thing on their mind.

Beating Southwest Baptist. "It will really help us that we understand what we have to do and how we have to prepare," head Coach Mel Tjeerdsma said. "We have to really respect everybody."

Focusing on one game at a time could not be emphasized enough to the Northwest football team after they narrowly escaped an upset by Truman State on Saturday.

The team, especially the defense, is not looking past Southwest's record.

"We just overlooked (Truman) and we got a big wake up call," strong safety Kelly Williams said. "We will learn from not looking at (a team's) record. Everybody's going to come ready to play."

Southwest goes into Saturday's game with a record of 2-7 and on a three-game losing streak. However, the Bearcats of Southwest are averaging 223.1 rushing yards per game. This will be a big change from last week when Truman threw for 479 yards.

"I think they do a couple things different than Truman does," Williams said. "They're going to run a little bit option and probably run a little bit more than Truman did. Hopefully we can stop that and get into some passing downs and hopefully this week we can shut down the pass."

On the offensive side of the ball, Tjeerdsma couldn't have asked for more from redshirt freshman quarterback Josh Mathews who was in his first collegiate start. Mathews was 22-31 with 252 yards passing and three touchdowns along with one rushing touchdown.

Tjeerdsma said he had always been confident in Mathews but his performance Saturday definitely helped show that he could come up big in the future.

"We've always felt really pretty good about Josh," Tjeerdsma said. "I think what he did is going to create confidence by his teammates. Of course, that's what you want. You want a bunch of people out there that have a lot of confidence going into a situation like we were in Saturday."

This will be the team's fifth road game this season but Tjeerdsma doesn't believe that traveling is a reason—or will ever be—a reason why they falter.

"Typically we play well on the road," he said. "I don't expect this to change that. I think we'll play well again Saturday. Historically, since we've been here we've played extremely well on the road. Our kids like to go on the road. It was just a matter of focus, we just weren't ready."

As for changes in the defense on Saturday, Tjeerdsma doesn't think they will be noticeable.

"You probably won't even notice the changes," he said. "I think what you'll see in practice is a team that's a lot more focused and a lot more concerned about doing what's right. That will be the difference."



PHOTO BY COLEYOUNG/SPORTS

Senior linebacker Adam Long cleats Truman's Jeff Amundson on Saturday in Kirksville. Amundson helped set an MIAA record for most receiving yards in a game with 473. Northwest was still able to come away with a 45-42 victory thanks to a late-game drive spearheaded by freshman quarterback Josh Mathews. Northwest travels to Bolivar this weekend.

CONTINUED FROM 1B

Omon's big day leads 'Cats to ninth victory, Berlanga sets NCAA record

(Truman State) could keep him out of the end zone."

While Omon's day was nothing to ignore, the big story came from Truman's quarterback Jake Czeschin. The signal-caller threw for an MIAA-record 479 yards on the Bearcats.

The Northwest defense gave up 42 points, the most since they lost to Central Missouri State in the third game of last season.

On the opposite sideline, Northwest quarterback Josh Mathews had a career day as well.

Starting his first career game, he was 22-31 for 252 yards. Included in that was the quick drive late in the game.

"We have some playmakers on this team," wide receiver Jamaica Rector said. "I think we found another playmaker on our team today too."

Northwest jumped out to a 14-point lead in the first quarter thanks to two long plays. Omon scored on a 52-yard run and senior wide receiver Morris White hauled in a 16-yard pass. From there, the teams went back and forth before Northwest took a 24-14 lead into the locker room.

It was in the second half that the Northwest defense began to let up even more big plays. The Bearcats gave up plays of 50 and 25 yards for touchdowns.

Despite the ugly finish, Tjeerdsma was quick to point out to his squad that they had escaped with a win and could move on from that.

Bearcat Notes:
Record Setting Luis- Northwest kicker Luis Berlanga set an NCAA record for most consecutive extra



PHOTO BY STEVE SERRANO/
CHIEF PHOTOGRAPHER
Josh Mathews was 22 for 31 and threw for 252 yards against Truman State.

points in a season.

The Monterrey, Mexico native has made 61-consecutive extra points this season.

Berlanga was also named the MIAA player of the week.

"I'm so happy I came to Northwest," Berlanga said. "Looking back, this has been one of the best decisions I have ever made."

Hickory stick at home- The Bearcats retained the Old Hickory stick with the victory Saturday. The stick, which is the oldest traveling trophy in Division II football west of the Mississippi, has been with the Bearcats for the last three seasons counting this year.

Nash suspended indefinitely by Pinkel

COLUMBIA, Mo. (AP) — Missouri starting tailback Damien Nash has been suspended indefinitely, football coach Gary Pinkel said Monday, without explaining the action.

Nash, a junior, has started all seven games this season and leads Missouri (4-3, 2-2 Big 12) with 128 carries, 610 rushing yards and seven rushing touchdowns. He also caught 18 passes for 126 yards and a touchdown.

Redshirt freshman Marcus Woods will start in Nash's place. Woods has played in all seven games, gaining 254 yards on 66 carries. Freshman Tony Temple will back up Woods.

Though Pinkel would not say why Nash was suspended, the action follows Nash's comments that appeared in Jason Whitlock's column in The Kansas City Star on Sunday, a day after Missouri lost 20-17 to Oklahoma State in Columbia.

Nash, who carried the ball only seven times in the second half, made some unfavorable remarks about the offense.

"I wish I had the headphones on to hear what's going on," Nash said. "I wish I could call the offense. I didn't understand a lot of the plays."

Pinkel would not say if Nash would travel with the Tigers to their game at Nebraska (4-3, 2-2) on Saturday. He said the decision on how many carries each player will receive against the Cornhuskers will be made later this week.



AP PHOTO
Missouri's Damien Nash, right, kicks off the helmet of Oklahoma State's Vernon Grant as he breaks his tackle during the first half Saturday, Oct. 23.

Offensive coordinator Dave Christensen said losing Nash would not affect the look of the Missouri offense. "It won't change it at all," he said. "We'll run the same offense."

Temple missed a week of training camp after he was temporarily ruled academically ineligible by the NCAA. One of the top running backs in the 2003 recruiting class, Temple will shed his redshirt status and play Saturday.

"I gave Tony the option of what he wanted to do," Pinkel said. "Tony hasn't been really ready —

he's physically ready to run the football and catch—but as far as all the blocking and all the detail, because he missed two-a-days, it takes time to get ready. I asked Tony and his quote to me was 'I want to do it for the team and I'm dying to play.' So, we will play Tony Temple."

The Tigers are fifth in the Big 12 and 23rd nationally in rushing, averaging 189 yards per game. Nebraska is second in the league and 13th nationally against the run, allowing 99.3 yards per game. The two teams are tied atop the Big 12's North division.

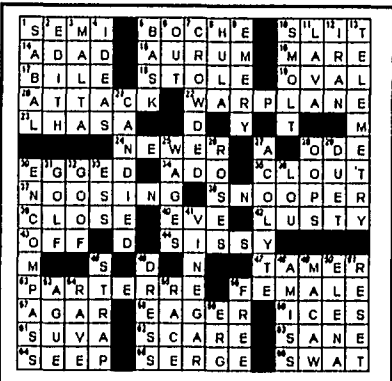
AFCA Top 25

1. Pittsburg St. (Kan.) (2)
2. Texas A&M-Kingsville (2)
3. Northwest Missouri St.
4. Albany St. (Ga.)
5. Valdosta St. (Ga.)
6. North Dakota
7. Michigan Tech
8. Arkansas Tech
9. Central Oklahoma
10. South Dakota
11. Winona St. (Minn.)
12. Colorado School of Mines
13. Northwood (Mich.)
14. Shippensburg (Pa.)
15. East Stroudsburg (Pa.)
16. Saginaw Valley St. (Mich.)
17. Wingate (N.C.)
18. Carson-Newman (Tenn.)
19. Grand Valley St. (Mich.)
20. Tuskegee (Ala.)
21. Nebraska-Omaha
22. Catawba (N.C.)
23. Central Arkansas
24. St. Cloud State (Minn.)
25. West Chester (Pa.)

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1. Pittsburg State (9-0)
2. Texas A&M-Kingsville (7-0)
3. Northwest Missouri (9-0)
4. Valdosta State (7-1)
5. Albany State (8-0)
6. North Dakota (7-1)
7. Central Oklahoma (7-1)
8. Michigan Tech (8-0)
9. Winona State (8-1)
10. Shippensburg (8-1)
11. Arkansas Tech (8-0)
12. Colorado Mines (9-0)
13. Northwood (8-1)
14. East Stroudsburg (7-1)
15. Carson-Newman (6-2)

MIAA Teams are bolded



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Walleyball takes intramural court

By BETH MEYER
Missourian Reporter

In 1979, Joe Garcia was an out of work actor and a racquetball pro, but very few people shared his interest in the sport. So, beer in hand, Garcia and friends set out to create a new use for the racquetball facilities.

After a long day of drinking and tossing a variety of balls around, the sport of walleyball was created. And on Monday, Northwest students will begin the intramural walleyball season.

So what exactly is walleyball? The game is a combination using many of

the rules from volleyball, but it is played on a racquetball court. With the enclosed space, the players are allowed to play the ball off the walls and the ceiling.

According to the book, "The Official Book of Walleyball," authored by Garcia and Murray Dubin, the game had a few complications that needed to be worked out.

"The baby had some problems," Garcia wrote. "If you really hit the ball hard, it could bounce off two or three walls and be more like pinball than volleyball. That was no fun for the person trying to hit it."

To solve this problem, Garcia cre-

ated a few simple rules for the game. The ball may only strike the wall once on a serve or return, and the back wall is out when the ball comes from the other side of the net.

These rules will be loosely enforced when play begins, as the teams are allowed to call their own games in intramural play.

Walleyball may not satisfy a need for intense competition, but it should provide some entertainment as many of the players have no idea what they are in for.

"I got signed up through my fraternity," freshman Craig Knudson said. "It's like volleyball with racquetball crap."

CONTINUED FROM 1B

'Cats match last year's total with 3rd win

"We started off with the kick-off, so we had initial possession and it was just one of those games," Cross said. "To be down one minute in the game is just very tough to handle."

The win matches last year's total amount of wins.

The 'Cats out-shot their opponents 18-16, but were unlucky in goals.

"The most important times of the game are in the first and last 10 minutes of each half," Cross said. "As soon as one goal is scored, you have to work that much more to prevent another one."

The girls had a 4-0 downfall the next morning to Southwest Baptist who remains No. 1 in MIAA rankings.

"The back four had the best results in the first half. They played very smart and compact," Cross said. "Our midfielders Brittany Cash and Marty Trummer, dominated the field; that just shows that in this game the score doesn't indicate the game or the players."

The 'Cats travel to Kansas City to



PHOTO BY STEVE SERRANO/CHIEF PHOTOGRAPHER
Marty Trummer goes for the ball against a Missouri Southern defender in the Bearcats 2-1 victory on Wednesday. It was only the 'Cats third victory of the season.

take on Rockhurst at 2 p.m. Saturday.

The 'Cats will have Central Missouri State at their last home game

Tuesday, and will hold a farewell ceremony for the seniors prior to the game

at 3 p.m.

Bearcats fall to No. 3 team in nation, hold onto tournament hopes

By ANDY TIMKO
Chief Reporter

Football players were not the Northwest athletes in Maryville Saturday. The Bearcat volleyball team headed to No. 3 in the nation to face the Bulldogs.

According to head coach Lori Slight, the 'Cats played some of the best volleyball of the season in losing in three games (21-30, 20-30).

"I thought we played great," Slight said. "We played all the way. We got all 15 of our players on the court. The kids were working hard and we competed for every ball."

The team also believed that they fought hard and had good communication, but they would have liked to have the big win over the Bulldogs.

"We played really well, it has been nice to pull out the captain Sarah Trowbridge

said. "I think the team played really well together and, for the number three team in the nation, I think we did a good job."

According to Slight, the MIAA is the toughest conference in Division II volleyball with three of the nine teams ranked in the top 25, making it even harder to beat a team, despite playing them at least two times a season.

"(Truman State) has some great upperclassmen," Slight said. "They've got mostly seniors and juniors on their team. They are a very disciplined team and have a great level of training on their mental game."

Although the 'Cats have only won four of their last 10 games, they don't feel that they are losing the momentum that they had coming into the second half of the season.

"We were shooting for .500 and

I think we are going to be around .500," Strep Sunken said. "We have a couple of tough stretches in our conference play and I think right now we're in the middle of that. We're finishing up a tough stretch and so we have to go out every day and do what we can."

The 'Cats need to win their next two conference games to have a chance to make it to the conference championship this year. According to Slight, it can be done.

"I'm really excited about (the postseason)," Slight said. "I think if we play with energy and confidence, that's definitely going to help us. We're really excited to control our own destiny for once and then see what happens from there."

With the loss to the Bulldogs still on their minds, the 'Cats will host two more conference matches. If they win, the 'Cats may be

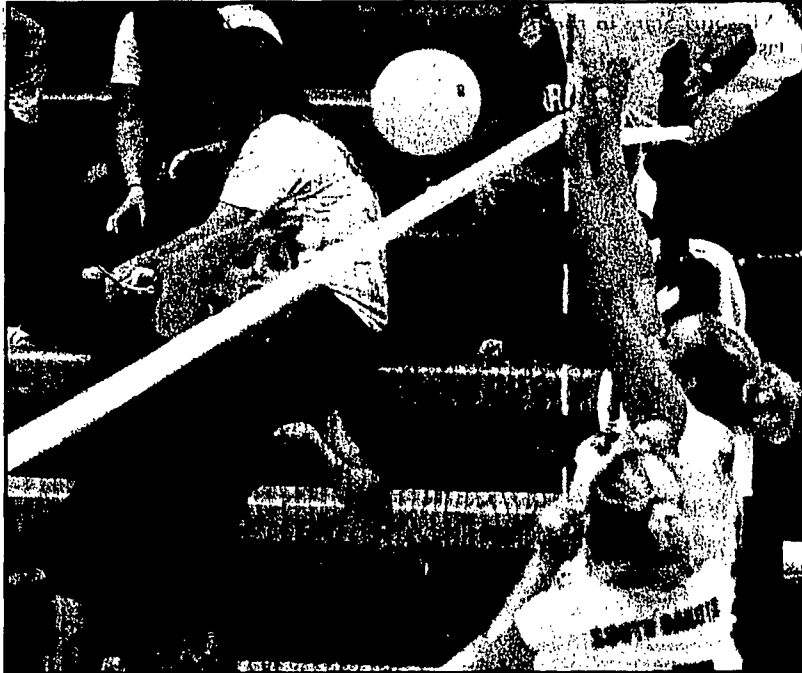
boosted to the top six in the conference.

"It's always hard to take a loss when you've worked so hard and we expected to make the tournament this year," Trowbridge said. "If we can't make it to the tournament we'd like to upset as many people as we can along the way."

Saturday's loss to the Bulldogs gives the Northwest a 4-9 record in the conference and brings their overall record to 13-16, a noticeable improvement from last season's 5-27 record.

Team leaders over the weekend were Allison Hyland with 10.5 points, Mackenzie Heston with two service aces, Katie Stilwell with 23 assists, Amy D'Amato with 11 digs and Lauren Cummings with four blocks.

The 'Cats host Southwest Baptist at 7 p.m. Friday and Missouri Southern on Saturday at noon. Both matches will take place in Bearcat Arena.



FILE PHOTO
Rachel Spensley spikes the ball against South Dakota in a game at home earlier in the season. The 'Cats currently sit at 13-16 as they host two MIAA opponents this weekend.

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With everything on the line now's the time for Maryville

It all comes down to one game. A lot is on the line braggin' rights, the conference championship and, most importantly, the district championship.

The Spoofhounds have rival Platte County right where they want them.

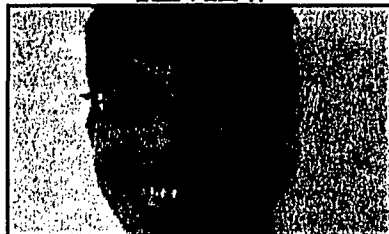
Not only is the football matchup at the 'Hound Pound, but Maryville is on a three-game winning streak in which the offense has exploded for 124 points. Meanwhile, the defense shut out opponents twice during the streak, allowing only 14 points.

Platte County is looking like itself once again. They pose a 7-1 record and seem to have shaken off an early loss to surprising Benton. However, the Pirates have history with Maryville. The 'Hounds haven't beaten the Pirates since 1999 and Maryville always seems to fall short in the big games.

However, this year could prove to be different. The 'Hounds have shown they can succeed under head Coach Paul Miller's complicated offense.

The offense, unlike past years, is well-balanced. Quarterback Josh

UPON FURTHER REVIEW



JEROME BOETTCHER
ASST. SPORTS EDITOR

Wilmes and wide receiver Syd Brisbane bring possibly the best 1-2 punch in the league. Meanwhile Myles Burnside, Skyler Vandiver, Evan Wilmes and Colby Chesnut constantly attack teams on the ground.

The defense is as solid as ever as defensive coordinator Brian Lohaffer continues to shut down offenses.

The team, most of all, is having fun. After getting over the loss of former coach John Pelzer, they have welcomed Miller with open arms.

Maryville has had problems sealing the deal in the past, but this is a different set of Spoofhounds. Though their record shows them at 5-2, the 'Hounds could easily be 7-0.

The 'Hounds controlled the game against Chillicothe for the first three quarters before a special teams mishap cost them the game. The 'Hounds played 3A giant Harrisonville stride for stride for the first three quarters before a defensive meltdown early in the fourth quarter allowed the Wildcats to get past a fourth and 17 and go on to win the game.

The 'Hounds have received no love from the state rankings, though they breezed past surprising Cameron and Benton who have both been ranked. But the Spoofhounds could definitely turn heads if they knock off Platte County Friday.

These are the 'Hounds of new, a team that can work together and win the big game. Look for the 'Hounds to shock the Pirates this Friday but not the Maryville community. They know what is on the line and they will not let it slip out of their hands, not this year.

'Hounds continue losing streak against Cameron with districts ahead

By SETH HERROLD
Missourian Reporter

For the first four years of the soccer program, Maryville ruled against the Cameron Dragons but in the past three games it has been the other way around.

The 'Hounds hadn't lost to Cameron since they formed their program in 2000. Their 6-2 loss on Tuesday night, however, was the third straight loss to Cameron dating back to last season's senior night.

"For some reason we were a little slow getting to the ball today," coach Stuart Collins said. "Cameron did a really good job of going to the ball, and that was the big difference right there."

The game started off slow in the

wet conditions. Players found it hard to stay up on the muddy field, but Cameron was able to find the net at the 35 minute mark.

Cameron would continue scoring and, with 5 minutes left in the half, they led the 'Hounds 4-0.

That's when Victor Muro rebounded a blocked goal shot and kicked it in to get the 'Hounds on the board.

"When I had (Muro) in there he really tried to pick it up," Collins said.

The 'Hounds still trailed by three at the half.

Things continued to unravel as Cameron nailed a "banana kick" (a kick which starts in the corner of the field, and curves in a banana shape into the net) past 'Hounds goal keeper Ky Hill for a goal in the first minute

of the second half.

Cameron struck again with 32 minutes to go, making it a 6-1 game.

The 'Hounds began to gain momentum down the stretch, playing most of the last 10 minutes on their side of the field.

Nic Zweifel scored off a rebound late in the game, cutting the score to 6-2. However, that was all the 'Hounds would get.

Collins pulled Clay Ferguson, who hurt his ankle a couple weeks ago, out of the game close to the end.

"I was trying to protect him for the district play," Collins said. "I didn't see any point at 6-2 to leave him in there and endanger his ankle."

The loss dropped the 'Hounds to 1-18-1 on the year. They begin district play this weekend.

Setters hope third time is charm once again in district title against Savannah

By MEGAN CRAWFORD
Missourian Reporter

The third time was the charm for the Spoofhounds Tuesday night.

The 'Hounds volleyball team defeated Chillicothe in two matches on Tuesday, placing them in the championship game 7 p.m. Thursday against Savannah.

Maryville traveled to Benton Tuesday to play in their first game of districts against Chillicothe. The 'Hounds took on the Hornets twice this season and have been defeated in two three-game matches.

"The team was really energized,"

coach Heather Stoecklein said. "They knew if they wanted to keep going that they would have to play really hard against this team."

Game scores were 25-22 and 25-16. Maryville got ahead for a long stretch in the second match, when senior Jaylene Dredge served part of her total of 14 for the night. Senior Mallory Herring brought in 10 kills for the game and senior Kim Wolfer brought in 7 kills. Senior setter Molly Howell finished the night with 21 assists. Senior Sarah Welch also contributed with 12 digs.

"There was no place of weakness for this game," Stoecklein said. "Everyone stepped in and did a good job."

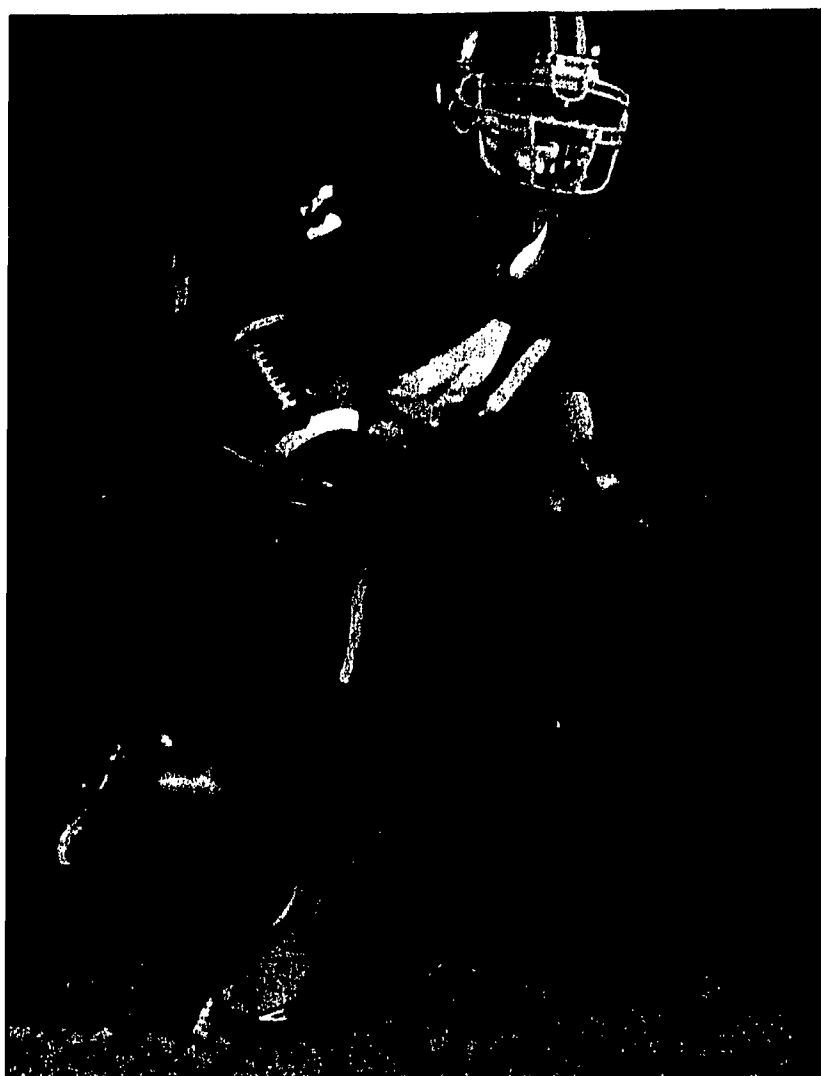
According to Stoecklein, the team had to play differently in order to finally pull in a win against Chillicothe. The team finally started playing from beginning to end in the game, something they hadn't done in a while.

One of the team's biggest strengths was their unity, Stoecklein said. Getting along and having fun together but knowing when to be serious and play proves to be an advantage.

The 'Hounds have not beaten Savannah yet this season and hope that, once again, the third time is the charm.

If the Spoofhounds win Thursday they will be the third team for Maryville to win districts.

CONTINUED from 1B



FILE PHOTO

Skyler Vandiver rushed for 97 yards and three touchdowns in the Spoofhounds' rout of the Warriors Friday night in Smithville. It was the first game of district play.

Vandiver runs all over Warriors during first district challenge

"We were sluggish, and acting like it wasn't a real big game," senior Syd Brisbane said. "We didn't execute as we should have, and took advantage of a weaker team."

Brisbane had a big game with six receptions for 108 yards and two touchdowns, but the offense still could not get away from the turnover bug that has haunted them from time to time this year. The 'Hounds turned the ball over twice, but were never bothered by their mistakes.

"Towards the end of the second half we started to lose our focus," Starr said. "We came back out after half-

time ready to go again."

All year the 'Hounds have stressed the importance of playing hard for all 48 minutes. They came close to doing that Friday night.

"We played good, but we would have liked to do better," Vandiver said. "I guess maybe we're just being hard on ourselves since we're getting down to crunch time."

The win gave Maryville their third straight conference victory and brought their record to 5-2.

"It's a big boost to be on a roll like this going into a big game like Platte County," Vandiver said.

CONTINUED from 1B

Miller plans to keep firing in 'Hounds home finale on Friday

"Some people are going to say 'Oh my God, you're crazy,' but you know what? I think if our offense continues to play like we're capable of playing, we can continue to play the rest of the season without punting the football," Miller said.

The 'Hounds offense was ranked No. 5 in the MEC before Friday's game against Smithville. However, Miller is extremely confident in his offense. He thinks it is the reason why they have this high-powered offense, for situations like Friday.

"Obviously, the reason we run this offense is because we think it gives us the ability to move the ball

irregardless of what the defense does," Miller said. "If they try to shut down the pass, we run the ball. If they try to shut down the run, we throw the ball."

However, Miller doesn't think one particular unit will give them a victory. All areas of the game have to play together.

"What we do offensively gives us advantage but we have to play as a team—offensive, defense, special teams," Miller said. "We have good units in all three of those areas and we got to make sure in a big game like this that all three contribute."

Platte County comes into the game No. 4 in the Class 3 Missouri High School football polls.

CONTINUED from 1B

'Hounds to break big game woes

I think our seniors are confident what they can do and they're excited to being in the playoffs before leave high school. They have been in the playoffs in their high school careers. They want to make something out of this. I think our seniors will have a great time through this game."

Last season they had the opportunity, that time against Platte County.

Maryville led 12-9 with two seconds remaining before Platte County's Chris Hawkins scored a game-winning touchdown.

This season, Miller thinks the game will be different.

"Everything has sort of changed. We have a place for us to be here," Miller said. "Everything's worked out in our favor."

As with any big game, one can expect to have several key plays going their way. Last season, the Pirates pulled off a last-second heroics to pull off the win.

"You've got to have things going your way in those games," Miller said. "I'm a firm believer that good teams make their own breaks. We're going to do the things we need to do to win the job done."

Miller isn't the only 'Hound who thinks that Maryville is going to win to play their best game to win the district championship.

"We got to play sound in respect of the game—special teams, offense and defense and make sure we take," quarterback Josh Wilmes said. "We have to take advantage of the chance we have to score."

With the winner of the game advancing on to the sectional round or die time for the seniors. The winner of the Class 3 District 16 game will advance to play the winner of the game that includes Center, Lincoln, Pembroke Hill and St. Pius X.

"I don't think you need to get up," Miller said. "If they're competitive, this game Friday night everything they want to be involved in. If you're any kind of competitor, the game you want to be in. For all the marbles, this is the important game. The papers are talking about it, everybody's talking about it. This is the type of game that an athlete or competitor that wants to be involved in."

Missouri Prep Polls

CLASS 3:

1. MICDS 8-0
2. Harrisonville 7-1
3. Salem 8-0
4. Platte County 7-1
5. Oak Grove 7-1
6. Herculaneum 7-1
7. Chillicothe 6-2
8. Seneca 6-2
9. Richmond 7-1
10. School of the Osage 6-2

CLASS 2:

1. Caruthersville 8-0
2. Jeff City-Blair Oaks 8-0
3. California 6-2
4. Trenton 7-1
5. Brookfield 8-0
6. Monroe City 7-1
7. Montgomery County 7-1
8. KC Hogan Prep 6-1
9. North Callaway 7-1
10. Cameron 6-2

PLAYERS OF THE WEEK

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Josh Mathews
recorded 252 passing yards and 3 Touchdowns during his debut as a starter, and also conducted a game-winning 70

Allison Hyland
tallied 9 kills, 5 digs and 3 block assists during the lady Bearcat's loss to #3 Truman State

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Associated Press

Red Sox relief pitcher Bronson Arroyo leaps on top of teammate's Jason Varitek, left, Doug Mientkiewicz and Keith Foulke after the Sox defeated the St. Louis Cardinals 3-0 in Game 4 to win the World Series at Busch Stadium in St. Louis, Wednesday, Oct. 27, 2004.

THE CURSE IS LIFTED

Red Sox win first World Series since 1918, Eliminate the Curse of the Bambino

ST. LOUIS (AP) — The Boston Sox yes, the Boston, Red Sox! World Series champions at long last. No more curse and no more about it.

Mocked and reviled through decades of defeat, the Red Sox didn't beat the St. Louis Cardinals, winners of the best record in baseball, swept them for their first crown since 1918.

Johnny Damon homered on the fifth pitch of the game, Derek Jeter made it stand up and the Red Sox won 3-0 Wednesday night. Renteria grounded out for the second out, wrapping up a Series in which the Red Sox never trailed.

Chants of "Let's go, Red Sox!" echoed all around Busch Stadium, as Boston fans as revved-up as they were relieved. Only 10 nights earlier, the Red Sox were just three outs from being swept by the New York Yankees in the AL championship series.

It was the heartbreak of four losses since their last title, a 3-0 deficit. The Red Sox made it look easy in winning their sixth championship.

It was the heartbreak of four losses since their last title, a 3-0 deficit. The Red Sox made it look easy in winning their sixth championship.

— that really began after they sold Babe Ruth to the Yankees in 1920.

Damon's leadoff homer and Trot Nixon's two-out, two-run double on a 3-0 pitch were all that Lowe needed. Having won the first-round clincher against Anaheim in relief and then winning Game 7 at Yankee Stadium, Lowe blanked the Cards on a mere three hits for seven innings.

Relievers Bronson Arroyo and Alan Embree worked the eighth and Keith Foulke finished it off for his first save.

Even the heavens reacted to the news with a total lunar eclipse. And what a reward the Red Sox earned for their first Series sweep: They get to raise the World Series banner next April 11 in the home opener at Fenway Park, with the Yankees in town forced to watch it.

The Red Sox became the third straight wild-card team to win it, relying on the guts of Curt Schilling and guile of Pedro Martinez. And they took it in the same year they traded away popular shortstop Nomar Garciaparra.

Boston got key contributions from almost everyone. Backup outfielder Dave Roberts did not play in the Series, yet it was his stolen base in the ninth inning of Game 4 in the

ALCS that began the comeback against Mariano Rivera.

And while second baseman Mark Bellhorn was born in Boston, no one else on the roster came from anywhere near Beantown. And the only homegrown players on the team are Trot Nixon and rookie Kevin Youkilis.

No matter, this win might make all of them as much a part of New England lore as Plymouth Rock and Paul Revere.

Or, as Red Sox owner John Henry said close to gametime: "People tell me this is the biggest thing since the Revolutionary War."

The Boston win also left no doubt which city is now the most jinxed in baseball. It's Chicago — the Cubs last won it all in 1908, the White Sox in 1917.

Meanwhile, the Cardinals team that led the majors with 105 wins never showed up. The timely hitting, solid pitching and sharp baserunning that served them so well all season completely broke down.

Albert Pujols, Scott Rolen and Jim Edmonds, the meat of the order, combined for just one RBI. Rolen got it on a sacrifice fly, and it was little consolation as he went 0-for-15.

Kansas forward named Big 12 preseason player of the year

DALLAS (AP) — Kansas forward Wayne Simien was named the Big 12's preseason player of the year on Tuesday in voting by the conference's coaches.

The 6-foot-8 Simien, the conference's top returning scorer, averaged 17.8 points and 9.3 rebounds a year ago for the Jayhawks and was an All-Big 12 first-team selection.

He had 11 double-doubles as a junior and has 22 for his career, and was the only unanimous selection this year to the preseason all-conference team. Coaches could not vote for their own players.

Simien is joined on the first team by Kansas teammate Keith Langford, Iowa State's Curtis Stinson and Oklahoma State senior guards Joey Graham and John Lucas.

Langford, a 6-4 senior swingman, averaged 15 points and five rebounds last year for the Jayhawks.

Stinson, a 6-3 sophomore guard, was the Big 12's freshman of the year

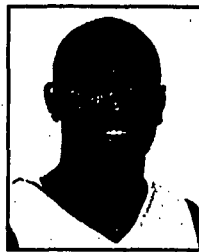
after he averaged 16.2 points and six rebounds for the Cyclones.

The 5-11 Lucas was named to the All-Big 12 first team last year after averaging 15.1 points for Oklahoma State. Graham averaged 12.4 points and 5.2 rebounds for the Cowboys, who advanced to the Final Four.

Junior college transfer Taj Gray of Oklahoma was an unanimous pick as the conference's top newcomer. The 6-8 junior forward averaged 18.1 points and 8.1 rebounds last year at Redlands Community College in Oklahoma.

Texas guard Daniel Gibson was selected as the top freshman. He averaged 25.5 points as a senior at Jones High School in Houston, leading his team to the Class 4A state title.

Named to the honorable mention All-Big 12 team were Kansas' J.R. Giddens and Aaron Miles, Missouri's Linas Kleiza and Jimmy McKinney, Oklahoma's Kevin Bookout, Texas' Jason Klotz and P.J. Tucker, and Texas A&M's Antoine Wright.



Simien

Bonds earns magazine's top award for 2004 season

ST. LOUIS (AP) — San Francisco Giants slugger Barry Bonds, who hit .362, set a record with 232 walks and topped 700 career homers, was named 2004 player of the year by The Sporting News on Tuesday.

The award was based on a vote by 552 players. Details will be released in the Nov. 1 issue of the St. Louis-based publication.

"It is truly an honor to be recognized by my fellow players," Bonds said in a statement. "I would like to thank the San Francisco Giants organization, my teammates, my family and especially the fans who give me such great support."

Bonds, 40, who hit 45 homers and drove in 101 runs, received 169 1/2 votes. Los Angeles Dodgers third baseman Adrian Beltre was second with 116, followed by St. Louis Cardinals teammates Scott Rolen (93 votes) and Albert Pujols (64).

Bonds was second to Pujols in 2003, and won the award in 2001 after hitting a record 73 homers.

Atlanta Braves manager Bobby Cox was named National League manager of the year for the third straight year and for the seventh time overall. The Braves won 96 games despite losing key players to free agency.

Cox received 7 1/2 first-place votes from 16 fellow NL managers.

In the American League, Minnesota's Ron Gardenhire and Texas' Buck Showalter tied for manager of the year, each receiving four of a possible 14 votes. Gardenhire led the Twins to first place in the AL Central. Showalter's Rangers was in contention into the final days of the season despite losing Alex Rodriguez.

Other Sporting News awards in the National League included:

— Pitcher, Jason Schmidt, San Francisco.

— Rookie, Jason Bay, Pittsburgh.

— Comeback player, Chris Carpenter, St. Louis.

— Top reliever, Eric Gagne, Los An-



ASSOCIATED PRESS

Outfielder Barry Bonds was named player of the year by The Sporting News Tuesday.

geles.

Other American League awards:

— Pitcher, Johan Santana, Minnesota.

— Rookie, Bobby Crosby, Oakland.

— Comeback player, Paul Konerko, Chicago White Sox.

— Top reliever, Mariano Rivera, New York Yankees.

National League all-stars included four Cardinals — Pujols at first base, Rolen at third base, shortstop Edgar Renteria and outfielder Jim Edmonds. They were joined by Mark Loretta of San Diego at second base, catcher Johnny Estrada and outfielders J.D. Drew of Atlanta and Bonds.

American League all-stars included Konerko at first base, Alfonso Soriano of Texas at second base, Baltimore's Miguel Tejada at shortstop and Melvin Mora at third base, catcher Ivan Rodriguez of Detroit, designated hitter David Ortiz of Boston and outfielders Ichiro Suzuki of Seattle, Manny Ramirez of Boston and Vladimir Guerrero of Anaheim.

Meyer to get start vs. Tech

MANHATTAN, Kan. (AP) — Kansas State coach Bill Snyder said Tuesday that Dylan Meyer will play Saturday when the Wildcats host Texas Tech.

Well, almost.

"Dylan will start at quarterback," said Snyder, who is infamous for his secrecy about injuries. Then he caught himself and abruptly clarified: "That's our intent."

Meier was knocked out of the game in the fourth quarter of Kansas State's 31-21 loss to Oklahoma on Oct. 16, causing him to miss the game against Nebraska.

Backup Allen Webb responded by rushing for four touchdowns and leading the Wildcats to a crucial 45-21 win. But it wasn't enough to earn the starting nod, and Snyder said after the game that Meier would start when he was healthy.

On Tuesday, Meier tiptoed around a barrage of questions about his health, wary of Snyder's rules about discussing injuries. He alluded to a possible concussion.

"I always want to play, but I was ordered I could not see the field," he said. "I had to obey that order. You can't fool around with stuff like this, as far as the brain and everything. I had to bite my tongue and accept."

Meier said the mandate came from the team's doctor and despite being expected to play Saturday, another injury is still hampering him. Meier has been battling a nagging shoulder injury for several weeks.

"It's something I'll have to live with all season," he said. "But I'm OK to play through it. It's something I'll live with."

Kansas State fans can live with either Meier or Webb after last Saturday's performance.

Webb completed 13-of-24 passes for 124 yards, ran for 147 more and came within inches of a fifth touchdown run that would have tied the school record.

He finished with the most rushing yards by a Kansas State quarterback since Ell Roberson rushed for 178 against Colorado on Oct. 5, 2002, drawing comparisons to the Wildcats' departed signal-caller.

It hasn't come easy for Webb, who was criticized by fans and the media after several sub-par performances. In his first start, he completed just 4-of-13 passes for 30 yards in a loss to Fresno State. In his second start, against Kansas, he was 4-of-9 for 57 yards with an interception.

But that's not unlike Roberson, who also struggled amid high expectations when he was first named the starting quarterback.

"You look at Ell's first couple of games and people tried to boo him out of the building, too," wide receiver Antoine Polite said. "A lot of people were criticizing him, but he went through his struggles and played through that. After watching Allen, we have a solid backup now."

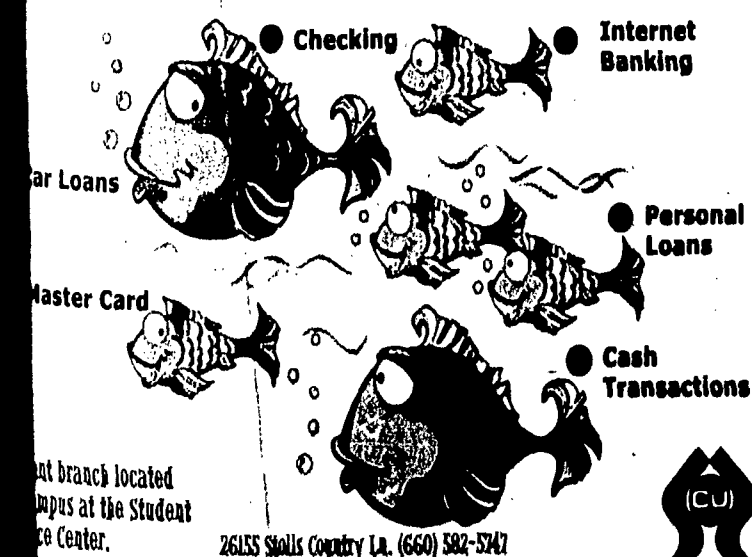
For now, that's what Webb remains: a backup.

Meier said he knew while standing on the sidelines last Saturday that he would be the starting quarterback, even as Webb dismantled the Husker defense. And Meier said he is again ready to take the field.

"There were a lot of things that didn't feel good," Meier said of last weekend, "but on the flip-side, I feel real good this week."

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Luis Berlanga

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Berlanga kicked six extra-points to set the Division II record for the most consecutive extra-points kicked. He also added a 27 yard field goal in the 'Cats win.

Your Man says no to skinny schemes

When most of us first arrive at college, we're in the best shape of our lives. Sports, cheer and other activities kept us active and fit. Mom's home cooking wasn't too bad either. It always had the right amount of healthy meals and tasty treats. Now that we're in college, we don't have the same privileges as we did in high school. Mom's not here to cook your meals and the coach won't push you to go the extra mile in your workouts. It's up to you to stay fit or get fat.

Northwest has become a hotbed for overweight students. We like to eat, love to drink and hate to exercise. It's easy not to eat healthy here. When you're busy with classes and work and don't have a lot of money to spend, you want something that's fast and cheap. Between hamburgers, chili fries and Domino's pizza, we're not exactly on the Slim Fast Diet.

For those of us who are overweight, the pounds aren't always easy to shed. Most people think that losing weight involves expensive diets and high-dollar gym memberships. Weight loss has become the hot topic in the medical world as pharmacists and doctors look for quick solutions to shed the pounds.



THE STROLLER

If you've read fitness magazines or have watched some late night television, you've seen people claiming all kinds of fantastic new ways to lose weight. I've seen everything from Jared's Subway Diet to the "Diet Patch", an appetite suppressant that burns fat and increases your metabolism. All of these lose weight fast schemes are scams.

The latest scheme to emerge was The Atkins Diet. This diet became extremely popular and involves low carbohydrate meals. Some people follow this religiously. Doctors continue to warn that low carbohydrate diets raises cholesterol levels and accel-

erates calcium losses. In other words, it's not good for you.

We haven't reached the point in medical technology to where we can take a pill to fulfill all of our nutritional needs and keep us skinny. We haven't even found a universal diet that doesn't have dramatic side effects. Medical technology hasn't reached that point yet.

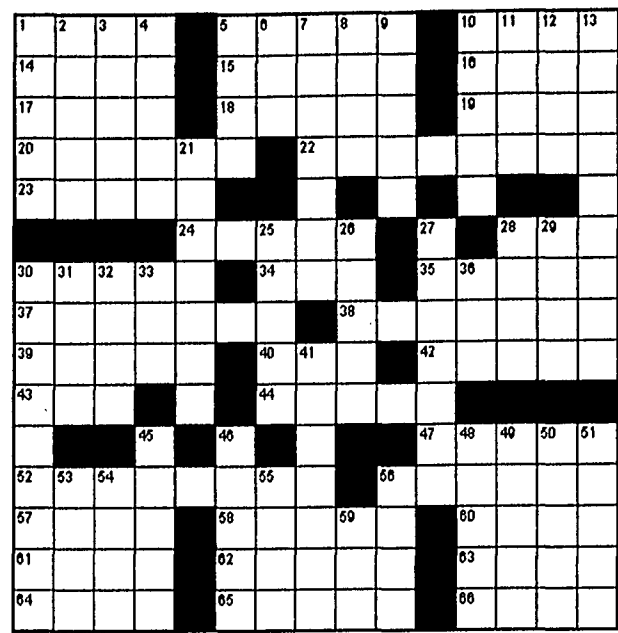
Despite the fact that there's no quick fix to being overweight, medical research has found one very important finding. People are happier with themselves when they are living a healthy life. Getting in shape again is as easy as picking a plan and sticking to it.

Finding a lifestyle that combines eating a variety of healthy foods and aerobic exercise is key. It will involve hard work, dedication and discipline, but the long term payoff will be the most satisfying feeling of your life.

Think about this the next time you order a pizza or guzzle down your beer. Don't trash your body in college, you'll need it later in life. Check with your doctor for an effective plan.

The Stroller has been a tradition since 1918 and does not reflect the views of The Northwest Missourian.

WEEKLY CROSSWORD



Across

1. Semitrailer
5. Disparaging term for WWI German soldier
10. Split
14. (Babylonian) god of storms and wind
15. Gold (Latin)
16. Female horse
17. Liquid secreted by the liver
18. Shoulder scarf of fur
19. Egg-shaped
20. To set upon
22. Military aircraft

Down

23. Capital of Tibet
24. More recent
28. Lyric poem
30. Encouraged
34. Ballyhoo
35. Cuff
37. Securing with a noose
38. Meddler
39. Shut
40. Evening
42. Enthusiastic
43. Not on
44. Effeminate boy
47. Meeker
52. Ornamental flower garden
56. Feminine
57. Gelling agent
58. Enthusiastic
60. Frozen treats
61. Capital of Fiji
62. Frighten
63. Having a sound mind
64. Ooze
65. Twill-weave fabric
66. Hit sharply

6. Not in
7. Packed
8. Hawaiian native dance
9. Very hard mineral
10. Young salmon
11. Molten rock
12. Republic in SW Asia
13. Transmission of data
21. Encrusted with sugar
25. Earnings
26. Flowers
27. Altar boy
28. Exclamation of mild dismay
29. Musical composition for two
30. Surround
31. Ball game
32. Blunder
33. Shaped like an S
36. Male and female name
41. Impure acetic acid
45. Leash
46. Attire
48. Wrong
49. Parrot
50. Female given name
51. Set again
53. Malarial fever
54. Talk
55. Irrationally
56. Speed contest
57. Gratis
59. Unit of energy

See answers below

on the
Election
■ In 1995 made co history by first to use computer UNIVAC the U.S. election.
■ On Nov. 3, 2004, voters in the state of Ohio cast their ballots in the presidential election. The results were: George W. Bush (Republican) 54%, Al Gore (Democrat) 41%, Ralph Abner (Libertarian) 5%.
■ Zachary Taylor, 12th president, was assassinated in 1850.
■ Follow the controversy: president election. B. Hayes in as president in 1877. He was assassinated in 1877. Useless!

Upcoming Concerts

Kansas City

Oct. 29 Joe Nichols
Kemper Arena

Nov. 6 Little River Band
Ameristar Hotel & Casino

Nov. 1 Nickel Creek/Howie Day
Uptown Theatre

Nov. 11 Switchfoot
Beaumont Club

Des Moines

Nov. 1 Jethro Tull
Civic Center

Nov. 10 Charlie Hunter
Hotel Fort Des Moines

Nov. 8 Looner
Vaudeville Mews

Nov. 26 Renee Austin
Blues on Grand

Omaha

Oct. 29 Classic Rock All Stars
Civic Music Hall

Nov. 4 Velvet Crush
Sokol Auditorium

Oct. 30 Dolly Parton
Qwest Center

Nov. 10 Bette Midler
Qwest Center

For more information on upcoming events check out www.pollstar.com

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